

## School District of Nekoosa

# Benchmarks for Health

December 2005

The benchmarks are educational goals that are established for the students in the district. As educators, we will do our best to provide all students with the instruction required to meet these goals.

Each set of benchmarks is divided by grade level. You'll notice the goal for students followed by a letter and number code. That code designates which Wisconsin Model Academic Performance Standard is linked with the benchmark. For more information about the WI Model Academic Standards, please visit the Department of Public Instruction's web site at <http://www.dpi.state.wi.us/dpi/oea/standrds.html>.

### *Kindergarten*

#### 1. How to Stay Safe

Students will demonstrate how to stay safe. Such as avoiding accidents, stranger-danger and fire safety. A.4.2, A.4.3, A.4.4, B.4.3, B.4.6

#### 2. The Five Senses

Students will identify and describe the five senses. A.4.5, B.4.4

#### 3. Adventure in Food

Students will identify healthy food choices, such as fruits, vegetables, and dairy products. A.4.3, A.4.5, B.4.1, B.4.4, C.4.1, C.4.3, E.4.1

#### 4. The Family Team

Students will recognize that families are not all the same and that differences are OK. E.4.1

#### 5. My Body is Special

Students will recognize that their body is special and that they need to keep it healthy. A.4.3, B.4.1, B.4.2 C.4.3, E.4.1

#### 6. Going to the Doctor and the Dentist

Students will recognize that doctors and dentists help them. A.4.4, D.4.4, G.4.3

#### 7. No Drugs, No Way

Students will express an understanding of unhealthy substances, such as smoking, alcohol, and harmful drugs. D.4.3, G.4.1, G.4.2, G. 4.4

#### 8. Getting Sick

Students will demonstrate proper hygiene, such as washing, and brushing teeth. A.4.3, B.4.1, B.4.2, E.4.1

#### 9. Keeping Clean and Healthy and Every Day Play

Students will demonstrate that exercise is good for their heart and general health. A.4.2, A.4.3, B.4.1, B.4.2, C.4.1, C.4.2, E.4.1

### *1st Grade*

#### 1. Home and School Safety (look Out)

Students will demonstrate knowledge of safe play, fire safety, safety helpers, and safe behavior. A.4.4, A.4.3, B.4.6, C.4.5, D.4.4

#### 2. Body Functions (head to toe)

Students will identify body parts and functions including the five senses, brain, lungs, heart, teeth, bones and skin. They will know strategies to keep their body clean and unique. A.4.5, B.4.4

#### 3. Why We Eat

Students will express and understanding of how food travels through their bodies after learning to choose healthful foods from the food pyramid. A.4.3, A.4.5, B.4.1, B.4.4, E.4.1, C.4.3, E.4.3

4. All About Medicine

Students will identify medicines as drugs; learn who can give out medicine, and how medicine works. B.4.1, B.4.4, E.4.4

5. Talk and Listen

Students will list body parts that help us listen and speak. They will be able to explain ways to communicate and why communication is important. A.4.5, B.4.6, F.4.1, F.4.4

6. Feelings (Happy, Sad, and In-between)

Students will discover why talking and using nonverbal cues can help resolve problems. They will learn positive ways to resolve anger situations. A.4.1, B.4.3, B.4.6, C.4.5, F.4.2, F.4.5, F.4.6

7. Drugs/Alcohol (Drugs are Dumb)

Students will discuss the harmful effects of tobacco and alcohol. They will describe people in the community who can help them when they are in trouble. Students will learn the "Saying "No" Steps". A.4.3, B.4.1, B.4.2, B.4.3, C.4.5, D.4.4, E.4.1, E.4.4, G.4.2, G.4.4

8. Illness (Get Well Soon)

Students will identify signs of illness, what are germs and how to be germ free. A.4.4, B.4.2, B.4.4, C.4.5, E.4.3

9 Breathing (How I Breathe)

Students will explain the process of breathing, how pollution can harm your lungs and how to use exercise to benefit how you breathe and general health. A.4.5, B.4.1, C.4.1

10. Exercise (Run, Jump and Skip)

Students will discover how exercise is needed at all ages to make the body healthy and strong. They will discuss how to play fairly. A.4.1, A.4.2, A.4.3, A.4.5, E.4.2, E.4.3, E.4.4, G.4.2, G.4.4, C.4.5

11. Dental Hygiene

Students will learn such skills as brushing properly and going to the dentist and eating good, healthy food. A.4.5, B.4.1, B.4.2, B.4.3, B.4.4, D.4.4

*2nd Grade*

1. Let's Stay Safe

Students will identify safe vs. unsafe conditions for certain common hazards on the street. A.4.3, A.4.4, B.4.3, B.4.6, C.4.1, F.4.1

2. How You Think

Students will explain the major parts of the brain and how the brain works as a control center for your body. A.4.4, A.4.5

3. The Wide World Of Food

Students will explain how the Food Pyramid helps you choose healthful foods. A.4.3, A.4.4, B.4.1, B.4.4, C.4.1, C.4.3, E.4.1

4. Your Heart, Small But Strong

Students will describe what your heart does and explain how a healthful diet and exercise help you have a healthy heart. A.4.1, A.4.3, A.4.5, B.4.1, B.4.2, C.4.3, E.4.3

5. When I Feel Afraid

Students will list common causes of being afraid and describe the common physical effects of fear in the body. A.4.1, A.4.2, B.4.6, E.4.2, F.4.2

6. Babies . . . And How You Grow

Students will discover how a newborn baby grows and changes to become an older child and then an adult. A.4.3, A.4.4, A.4.5, C.4.4, F.4.2, F.4.4

7. Drugs Are Dangerous

Students will identify various types of drugs including nicotine, alcohol, and street drugs.

A.4.1, B.4.1, B.4.2, B.4.3

8. Germs! They Make You Sick

Students will explain what germs are, where you find them, and what they can do to you.

A.4.4, B.4.2, B.4.4, C.4.5, E.4.3

9. Me and My Skin

Students will describe what skin is made of and how it grows. A.4.5, B.4.4

10. Muscles In Motion

Students will describe how muscles help us move and what exercise can do for your body.

A.4.1, A.4.2, A.4.3, A.4.5, E.4.2, E.4.3, E.4.4, G.4.2, G.4.4

*3rd Grade*

1. Safe At Home, Safe Away

Students will be able to identify safe and unsafe situations and be able to use refusal skills to avoid risky situations. A.4.3, B.4.3, B.4.6, C.4.1

2. The Better to See You With

Students will be able to identify ways to protect the eyes, proper eye care, and they will express an understanding the importance of respecting people with vision problems. A.4.5, B.4.4, F.4.3

3. Let's Eat

Students will be able to explain how the body uses nutrients to nourish cells, explain the main parts of the food pyramid, and identify the importance of reading food labels to help make healthy choices. A.4.3, A.4.5, B.4.1, B.4.2, B.4.4, C.4.1, C.4.3, D.4.1, E.4.1

4. Community Health

Students will be able to respect the importance of laws on the community and list ways to keep the community clean and safe. A.4.2, B.4.1, D.4.4, G.4.2, G.4.3

5. I Like Your Attitude

Students will be able to list positive attitudes and values, compare and contrast positive and negative attitudes, and describe how attitudes affect one's actions. B.4.2, B.4.4, C.4.1, C.4.5, E.4.4, F.4.1, F.4.2, F.4.6, G.4.4

6. My Family, Your Family

Students will be able to identify different types of families and traditions, the role of cell growth and development, and identify things one can do to protect his or her personal safety.

B.4.2, B.4.4,

7. Saying "No" to Smoking, Drinking, and Drugs

Students will be able to explain addiction, the importance of protecting yourself, avoid risky situations, and practice saying "No!" B.4.3, B.4.4, B.4.6, C.4.1, E.4.1, G.4.2

8. Things You Might Catch

Students will be able to explain how germs spread, the role of the body's defense system, and identify ways to keep healthy and clean. A.4.4, B.4.4

9. When Bodies Have Problems

Students will be able to identify different kinds of body problems and demonstrate how to be sensitive to other people with disabilities. B.4.4, F.4.3

10. Finding Out About Bones

Students will be able to explain the function of the skeletal system, how bones and muscles work together, and be able to demonstrate that exercise is beneficial to your health. A.4.5,

B.4.4, B.4.5, B.4.6

#### *4th Grade*

##### 1. Community Safety

Students will demonstrate respect for the people, rules, and laws that protect them and their families. A.4.1, A.4.2, B. 4.1, B.4.6, C.4.5, D.4.1, D.4.4, F.4.2, F.4.3, F.4.4, F.4.5, G.4.3

##### 2. Digestive System

Students will express a basic understanding of the digestive system and identify factors that can help or harm the digestive process. A.4.1, A.4.2, A.4.3, B.4.1, B.4.4, D.4.1, D.4.3, G.4.4

##### 3. Smoking

Students will express an understanding of the physical and psychological affects of addiction to tobacco. They will analyze reasons why people start to smoke and find it hard to quit.

A.4.1, A.4.2, B.4.2, B.4.3, B.4.6, C.4.2, E.4.2, G.4.4

##### 4. It's My Body

Students will express an understanding of things that can hurt their body. They will also compare and contrast a dangerous situation with a harmless situation and reach a healthful conclusion. A.4.1, A.4.2, A.4.3, A.4.5, B.4.3, B.4.5, B.4.6, C.4.1, C.4.2, C.4.5, F.4.6, G.4.4

##### 5. Hygiene

Students will express an understanding of what is meant by good hygiene and the need for appropriate hygiene as hormones create body changes. A.4.1, A.4.3, B.4.1, B.4.2, B.4.4, C.4.3, C.4.5, E.4.2, F.4.1

##### 6. Hearing

Students will express an understanding of the basic functions and parts of the ear and how to protect their hearing. A.4.4, A.4.5, B.4.4, B.4.6, G.4.4

##### 7. Exercise

Students will demonstrate an understanding of how exercise affects organs in their body and create an exercise plan to meet their personal needs. A.4.1, A.4.2, A.4.3, A.4.5, B.4.2, B.4.4, C.4.2, G.4.4

##### 8. Dental

Students will be able to evaluate personal dental habits and express an understanding that regular dental hygiene and preventive measures are important for good health. A.4.5, B.4.1, B.4.2, B.4.3, B.4.4, D.4.4

##### 9. Human Growth and Development

Students will express an understanding of the structure and function of the reproductive system and identify body changes. (Students will only study the reproductive organs of their own gender.) A.4.1, A.4.3, A.4.5, B.4.1, B.4.2, B.4.4

#### *5th Grade*

1. Students will express a basic understanding of the meanings of the monthly character words such as generosity, work ethic, and honesty. HRT.1, HRT.7

2. Students will express a basic understanding of the health triangle, including social, mental/emotional, and physical health. HE.A.8.1

3. Students will demonstrate an understanding of the decision making process and how to make healthy decisions. HE.B.8.1, HE.E.8.1

4. Students will identify stressful situations and be able to express ways to manage stress. HE.C.8.1, HE.B.8.4

5. Students will express ways to resist negative stress. HE.C.8.3 HE.A.8.1

6. Students will be able to express ways to practice healthy behaviors, including taking care of their teeth, skin, hair, eyes, and ears. HE.B.8.1, HE.B.8.4
7. Students will be able to express the importance of belonging to a family and how a family cares for its members. HE.G.8.3, HE.C.8.2

### *6th Grade*

1. All students will express and demonstrate an understanding of the Health associated Character words of AMS, such as honesty and generosity. HRT.1, HRT.7
2. All students will express an understanding of the differences, similarities, and basic makeup of physical, emotional, and social health. HE.A.8.1, HE.E.8.1
3. All students will express and demonstrate an understanding of the importance of wellness in their personal lives by setting both short and long term goals. HE.B.8.1, HEE.8.1
4. All students will express an understanding of the influences of a positive self-concept. HEC.8.1, HEB.8.4
5. All students will express an understanding of the emotions related to adolescence such as the endocrine system, physical, emotional, and social development. HEB.8.1, HEE.8.1
6. All students will express and demonstrate an understanding of the positive ways to handle stress. HEB.8.3, HEC.8.5
7. All students will demonstrate appropriate communication skills and conflict resolution skills. HEF.8.1
8. All students will express an understanding of the body systems such as muscular, skeletal, and nervous systems. HEA.8.5
9. All students will express an understanding of the components of common diseases such noncommunicable and communicable diseases. HEA.8.4, HEA.8.7
10. All students will express an understanding of the harmful effects of tobacco, alcohol, and other drugs. HEB.8.2, HEC.8.3, HEG.8.4
11. All students will express an understanding of the knowledge associated with the responsible use of medicine. HED.8.2, HED.8.4
12. All students will express an understanding of the career opportunities associated with the health profession and related industries. HED.8.7
13. Students will express an understanding of how making healthful food choices and physical activity relate to overall good health, such as reading and understanding food labels and setting both short and long-term goals. HEG.8.3, HEC.8.2

### *7th Grade*

1. Students will express and demonstrate an understanding of "health" and "wellness" and explain the three basic aspects of "health" at an intermediate level. HE.A.8.1, HE.B.8.1
2. Students will express an understanding of how heredity, environment, and other external factors influence an individual's health. HE.A.8.1
3. Students will express an understanding of what they can do to avoid unsafe risk behaviors and possible consequences. HE.B.8.4
4. Students will express an understanding of decisions that affect their health and apply the six-step decision-making process. HE.B.8.1, HE.E.8.1
5. Students will express and demonstrate an understanding of the characteristics of good character. HE.B.8.1
6. Students will express an understanding of "mental" and "emotional" health and detail the factors that shape an individual's personality. HE.C.8.1
7. Students will express an understanding of positive and negative stress along with ways to manage stress. HE.C.8.1, HE.B.8.4

8. Students will express an understanding of types of emotions and demonstrate ways to express them in healthy ways.
9. Students will express an understanding of the key types of mental disorders and understand when and where to seek help. HE.A.8.5
10. Students will express an understanding of the communication process and demonstrate skills for effective communication. HE.B.8.1
11. Students will express an understanding of different kinds of families, basic needs that families meet, and what teens can do to strengthen family relationships. HE.G.8.3, HE.C.8.2
12. Students will express an understanding of friendships and how to deal with positive and negative peer pressure. HE.C.8.3
13. Students will express an understanding of the importance and benefits of abstaining from risk behaviors and demonstrate refusal skills. HE.C.8.3
14. Students will express an understanding of the toxic substances in tobacco and tobacco smoke and how these substances harm the body. HE.A.8.3, HE.C.8.3
15. Students will express an understanding of the parts and functions of the respiratory system and how to keep this body system healthy. HE.A.8.5, HE.B.8.1
16. Students will express an understanding of the effects of tobacco addiction and what influences teens to begin using tobacco. HE.E.8.1, HE.B.8.2
17. Students will express an understanding of the effects of tobacco on nonsmokers and strategies for kicking the tobacco habit. HE.B.8.2
18. Students will express an understanding of the knowledge associated with the responsible use of medicines. HE.E.8.2
19. Students will express an understanding of the effects of alcohol on the body and express an understanding of signs or behaviors of an alcoholic. HE.B.8.2
20. Students will express an understanding of the effects that illegal drugs have on the body. HE.B.8.2
21. Students will express an understanding of the nervous system and safety measures to keep the nervous system healthy. HE.C.8.1.
22. Students will express an understanding of risks associated with the use of alcohol and drugs, getting help for substance addictions, and attitudes and approaches teens can use to avoid alcohol and drugs. HE.B.8.2
23. Students will express an understanding of physical, mental/emotional, and social changes that take place during adolescence. HE.C.8.1, HE.C.8.4
24. Students will express an understanding of the male reproductive system. HE.A.8.5
25. Students will express an understanding of the female reproductive system. HE.A.8.5
26. Students will express an understanding of how a human individual develops before birth and the importance of both heredity and environment in prenatal development. HE.A.8.5
27. Student's will express and understanding of the stages of life from birth through adulthood. HE.A.8.5

### *8th Grade*

1. Students will express an understanding of the importance of physical activity and ways to improve each of the three elements of fitness. HE.B.8.1
2. Students will express an understanding of the skeletal and muscular systems, and demonstrate how to maintain the health of these two body systems. HE.B.8.1. HE.A.8.5
3. Students will express an understanding of the circulatory system and the relationship between regular physical activity and a healthy circulatory system. HE.B.8.1, HE.A.8.5
4. Students will express and demonstrate how to plan and implement a personal fitness program. HE.B.8.1, HE.C.8.4
5. Students will express and demonstrate an understanding of stretches to avoid sports

injuries. PE

6. Students will express an understanding of the six categories of nutrients, ways to choose nutrient-rich foods, and how to read a Nutrition Facts panel. HE.D.8.1, HE.D.8.3
7. Students will express an understanding of how the (new) Food Guide Pyramid can be used to make healthful daily food choices. HE.B.8.1, HE.C.8.1
8. Students will express an understanding of the major organs of the digestive and excretory systems. HE.A.8.5, HE.B.8.1
9. Students will express an understanding of eating disorders and demonstrate healthful ways to maintain weight. HE.A.8.1, HE.B.8.1
10. Students will express an understanding of ways to protect and maintain the health of their teeth, skin, hair, nails, eyes, and ears. HE.B.8.1
11. Students will express an understanding of advertising and other factors that influence consumer decisions. HE.E.8.2, HE.E.8.3
12. Students will express an understanding of various health care professionals and various forms of health insurance. HE.D.8.4, HE.D.8.6
13. Students will express an understanding of common causes of conflicts and suggestions for preventing conflicts. HE.F.8.4, HE.F.8.5, HE.F.8.6
14. Students will demonstrate the following conflict resolution skills: negotiation, mediation, and compromise. HE.F.8.1, HE.F.8.2, HE.F.8.3
15. Students will express an understanding of signs and effects of abuse and how to find help in dealing with abuse. HE.B.8.4, HE.B.8.5
16. Students will express an understanding of communicable and noncommunicable diseases and the causes of communicable disease. HE.A.8.4, HE.A.8.7
17. Students will express an understanding of the function of the body's immune system. HE.A.8.1, HE.B.8.5
18. Students will express an understanding of the most common communicable diseases, including colds and the flu, and how to stay protected. HE.A.8.4, HE.A.8.7
19. Students will express an understanding of sexually transmitted diseases and how to stay protected from such diseases. HE.A.8.2, HE.A.8.7
20. Students will express an understanding of noncommunicable diseases, including the causes, effects, and treatments. HE.A.8.2, HE.A.8.4
21. Students will express an understanding of the most common types of cancer and what to do to reduce the risk of developing cancer. HE.A.8.4, HE.A.8.7
22. Students will express an understanding of various forms of heart disease and ways to protect the health of their hearts.
23. Students will express an understanding of the diagnosis and treatment of diabetes, rheumatoid arthritis, and osteoarthritis. HE.A.8.4, HE.A.8.7
24. All students will demonstrate the steps to follow in an emergency concerning: infant, child, and adult choking, rescue breathing, and CPR; also base level treatment for bleeding, burns, poisoning, broken bones, and sprains. HE.A.8.4, HE.A.8.7

### *Health 9-12*

1. Students will express comprehension of the term health including physical, mental/emotional, and social health. HE A 12.1, HE A12.2, HE A12.6, HE A 12.7
2. Students will express comprehension of the value of making appropriate choices, risks and consequences associated with choices, and the benefits of good choices in relation to good health. HE C 12.1, HE C12.2

3. Students will express comprehension of the five components of physical fitness and the benefits of good physical fitness throughout life. HE A12.5, HE A 12.7, HE B 12.3, HE B 12.6
4. Students will express comprehension of the value of good nutrition, including the benefits of vitamins and minerals, and the control of carbohydrates, proteins, and fats. HE A 12.5, HE B 12
5. Students will express comprehension of the value of identifying and healthfully managing their emotions. HE F 12.2, HE F 12.3, HE F 12.4, HE F 12.5
6. Students will express comprehension of the value of proper stress management as a life-long goal. HE F 12.2, HE F 12.3, HE F 12. 4, HE F 12.5, HE F 12.6
7. Students will express comprehension of the negative effects of tobacco, alcohol, and illegal drugs. HE B 12.3, HE B 12.6
8. Students will express comprehension of the value of medicines and medication. HE D 12.1
9. Students will express comprehension of the value of building and maintaining healthy relationships with family and peers. HE F 12.1, HE F 12.2, HE F 12.3
10. Students will express comprehension of the causes of common infectious and noninfectious diseases and how to prevent or treat them. HE B 12.I, HE B 12.2, HE B 12.4
11. Students will express comprehension of the knowledge, prevention, and treatment of sexually transmitted diseases, HIV, and AIDS. HE B 12.1, HE B 12.3, HE B 12.6, HE D 12.6.