

Content Area: Health & Wellness

Grade Level/Course: Sixth Grade/Level 1 Self-Image & Self-Improvement

Grade Level/Course: Sixth Grade/	Level 1 Self-Image & Self-Ii	nprovement		
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
6.1.2 Identify the	Define self-image.	Lifeskills Training	Lifeskills Training Student	6.3.1 Identify and
interrelationships of emotional		Teacher's Manual	Guide Level 1: Self-	participate in
and social health in adolescence.	Discuss how self-image	Level 1: Self-Image	Improvement Project (found	activities that, when
	is formed.	and Self-	Self-Image & Self-	done consistently, can contribute to an
6.6.1 Examine personal health		Improvement	Improvement)	active lifestyle.
behaviors.	Identify ways to			_
	increase self-image.	Lifeskills Companion	Lifeskills Training Pre-Test:	6.3.2 Participate in
6.6.2 Identify a goal to adopt a		Website:	http://www.lifeskillstraining	activities, outside of
personal health practice.	Relate self-image to	http://www.lifeskills	.com//lst classroom.php	school, that are
	behavior.	training.com/msweb		health-enhancing and can be continued
6.6.3 Develop strategies to		<u>/student/L1-</u>		throughout a
achieve a personal health goal.	Learn to apply a	activity.php		lifetime.
	process for changing or			C 2 2 December the
6.6.4 Explain how personal	improving self-image.			6.3.3 Describe the elements of a healthy
health goals can vary with				lifestyle.
priorities.				
				6.4.2 Develop
				personal goals for each of the health-
				related physical
				fitness components.



Grade Level/Course: Sixth Grade/Level 1 Decision Making					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
6.1.1 Compare how healthy behaviors and personal health are linked.	Demonstrate how	Lifeskills Training	<i>Lifeskills Training</i> Pre-Test:		
•	decisions are influenced	Teacher's Manual	http://www.lifeskillstraining		
6.2.9 Identify how some health choices influence unhealthy behaviors.	by group pressures.	Level 1: Making	.com//lst classroom.php		
		Decisions			
6.5.1 Name conditions that can help or hinder healthy decision-making.	Discuss reasons why				
	people are influenced by	Lifeskills Trainng			
6.5.2 Explain when health-related situations require a thoughtful decision-	group members.	Companion Website:			
making process.	7.1 .:C 1	http://www.lifeskills			
6.5.3 Explain when individual or adult-	Identify everyday	training.com/msweb			
supported decision-making is	decisions.	/student/L1-			
appropriate.	Dogariha hazz important	activity.php			
6.5.4 Identify healthy and unhealthy	Describe how important decisions are made.				
options to health-related issues or	decisions are made.				
problems.	Identify a process for				
6.5.5 Describe the potential short-term impact of each choice on self and others.	making decisions and				
•	solving problems.				
6.5.6 Distinguish healthy options over unhealthy options when making a	solving problems.				
decision.					
6.5.7 Predict the results of a health-					
related decision.					
6.8.2 Show how to support others to					
make positive health choices.					



Grade Level/Course: Sixth Grade/ Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
Treater & Wenness Standards	LST dodisy objectives	Resources	ASSESSMENTS	Opportunities in Physical Education Standards
 6.1.7 Identify the benefits of practicing healthy behaviors. 6.1.8 Describe the likelihood of injuries or illnesses if engaging in unhealthy behaviors. 6.2.7 Identify norms that influence health behaviors. 6.2.9 Identify how some health choices influence unhealthy behaviors. 	Counter common myths and misconceptions about the use of tobacco products. Identify that the majority of teens and adults are not cigarette smokers. Discuss reasons young people have for smoking and not smoking. Discuss immediate and long-term effects of cigarette smoking and tobacco use. Describe the process of becoming a smoker. Identify that smoking is becoming less socially acceptable. Discuss non-smokers' rights.	Lifeskills Training Teacher's Manual Level 1: Smoking: Myths and Realities Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L1- activity.php	Lifeskills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	



Content Area: Health & Wellness

Grade Level/Course: Sixth Grade/Level 1 Smoking and Biofeedback

Grade Level/Course: Sixth Grade/	Grade Level/Course: Sixth Grade/Level 1 Smoking and Biofeedback					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration		
				Opportunities in		
				Physical Education		
				Standards		
6.1.7 Identify the benefits of	Acquire information	Lifeskills Training	Lifeskills Training Pre-Test:			
practicing healthy behaviors.	about the immediate	Teacher's Manual	http://www.lifeskillstraining			
	physiological effects of	Level 1: Smoking and	.com//lst classroom.php			
6.1.8 Describe the likelihood of	smoking.	Biofeedback				
injuries or illnesses if engaging	_					
in unhealthy behaviors.	Describe the effects of	Lifeskills Training				
	elevated heart rates on	Companion Website:				
6.2.7 Identify norms that	the body.	http://www.lifeskills				
influence health behaviors.		training.com/msweb				
	Identify situations that	<u>/student/L1-</u>				
6.2.9 Identify how some health	can change the heart	activity.php				
choices influence unhealthy	rates.					
behaviors.						
	Discuss the purpose					
6.7.2 Indicate healthy behaviors	and procedure of the					
that will maintain or improve	tremor test.					
the health of self or others.						
	Discuss the reasons for					
	the difference in pulse					
	rates before and after					
	smoking a cigarette.					



Grade Level/Course: Sixth Grade/Level 1 Alcohol: Myths & Realities					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
6.1.7 Identify the benefits of	Acquire information to	Lifeskills Training	Lifeskills Training Pre-Test:		
practicing healthy behaviors.	counter common myths	Teacher's Manual	http://www.lifeskillstraining		
	and misconceptions	Level 1: Alcohol:	.com//lst classroom.php		
6.1.8 Describe the likelihood of	about alcohol.	Myths and Realities			
injuries or illnesses if engaging					
in unhealthy behaviors.	Recognize that alcohol	Lifeskills Training			
	is a drug that slows	Companion Website:			
6.2.7 Identify norms that	down the functioning of	http://www.lifeskills			
influence health behaviors.	the brain and nervous	training.com/msweb			
	system.	/student/L1-			
6.2.9 Identify how some health		activity.php			
choices influence unhealthy	Recognize that,				
behaviors.	although many people				
6707 11 11 11 11 1	may drink, most adults				
6.7.2 Indicate healthy behaviors	only drink occasionally				
that will maintain or improve	and in moderation.				
the health of self or others.	Diamagna				
	Discuss reasons why				
	people do and do not drink.				
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Grade Level/Course: Sixth Grade/Level 1 Marijuana: Myths and Realities					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards	
6.1.7 Identify the benefits of practicing healthy behaviors.6.1.8 Describe the likelihood of	Acquire information to counter common myths and misconceptions about marijuana.	Lifeskills Training Teacher's Manual Level 1: Marijuana: Myths and Realities	Lifeskills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php		
injuries or illnesses if engaging in unhealthy behaviors.	Describe what marijuana is.	Lifeskills Training Companion Website:			
6.2.7 Identify norms that influence healthy behaviors.	Discuss the reasons why some teenagers use marijuana.	http://www.lifeskills training.com/msweb /student/L1-			
6.2.9 Identify how some health choices influence unhealthy behaviors.	Discuss the realities of what marijuana can and cannot do.	activity.php			
6.7.2 Indicate healthy behaviors that will maintain or improve the health of self or others.	Discuss the immediate and long-term effects of marijuana on the body.				
	Discuss the legal status of marijuana.				



Grade Level/Course: Sixth Grade,		T	T	
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
6.2.5 Illustrate how media	Discuss the purpose of	Lifeskills Training	Lifeskills Training Pre-	
messages influence health	advertising.	Teacher's Manual	http://www.lifeskillstraining	
behaviors.		Level 1: Advertising	.com//lst_classroom.php	
	Identify common			
6.8.4 State ways that health	advertising techniques.	Lifeskills Training		
messages can be altered for		Companion Website:		
different age groups.	Identify and analyze	http://www.lifeskills		
	cigarette and alcohol	training.com/msweb		
	advertisements.	/student/L1-		
		activity.php		
	Discuss alternative			
	ways of responding to			
	cigarette and alcohol			
	ads.			



Grade Level/Course: Sixth Grade/Level 1 Violence and the Media (optional)						
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards		
6.2.5 Illustrate how media messages influence health behaviors. 6.8.4 State ways that health messages can be altered for different age groups.	Identify that the media influence behavior. Identify that homicides and other forms of violent behaviors are not as common as many people think. Identify that the media create attractive images as models for violent behavior. Identify the reasons for media violence. Discuss violent imagery in games and music. Discuss the harmful effects of media violence. Discuss ways to resist media influences.	Lifeskills Training Teacher's Manual Level 1: Violence and the Media Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L1- activity.php	Lifeskills Training Student Guide, Watching TV, Worksheet 13 Lifeskills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php			



Grade Level/Course: Sixth Grade,	Level 1 Coping with Anxie	ty		
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
6.1.4 Identify how family	Define anxiety.	Lifeskills Training	Lifeskills Training Pre-Test:	
cultures or beliefs can impact		Teacher's Manual	http://www.lifeskillstraining	
personal health.	Identify physical	Level 1: Coping with	.com//lst classroom.php	
	symptoms of anxiety.	Anxiety		
	Discuss common	Lifeskills Training		
	situations that produce	Companion Website:		
	anxiety.	http://www.lifeskills		
		training.com/msweb		
	Discuss alternative	/student/L1-		
	ways of dealing with	activity.php		
	anxiety-inducing			
	situations.			
	5			
	Demonstrate the			
	techniques for coping			
	with anxiety.			



Grade Level/Course: Sixth Grade/Level 1 Coping with Anger (optional)						
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards		
6.1.4 Identify how family cultures or beliefs can impact personal health.	Experience and define anger. Identify physical symptoms of anger. Discuss common situations that provoke anger. Discuss reasons for keeping anger under control. Discuss ways to control anger. Practice techniques for controlling anger.	Lifeskills Training Teacher's Manual Level 1: Coping with Anger Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L1- activity.php	Lifeskills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php			



Grade Level/Course: Sixth Grade/Level 1 Communication Skills					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
6.2.2 Identify the influence of	Define communication.	Lifeskills Training	Lifeskills Training Student		
culture on health beliefs and		Teacher's Manual	Guide Level 1: Looking at a		
practices.	Discuss verbal and non-	Level 1:	Recent Misunderstanding,		
	verbal communication.	Communication	Worksheet 18		
6.4.1 Investigate effective		Skills			
communication skills to enhance	Define		Lifeskills Training Pre-Test:		
health.	misunderstanding.	Lifeskills Training	http://www.lifeskillstraining		
		Companion Website:	.com//lst classroom.php		
6.4.4 Choose how to ask for	Discuss how	http://www.lifeskills			
assistance to enhance the health	misunderstandings	training.com/msweb			
of self.	develop.	/student/L1-			
		activity.php			
	Discuss how				
	misunderstandings can				
	be avoided.				



Grade Level/Course: Sixth Grade/Level 1 Social Skills A					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
6.1.2 Identify the	Recognize that many	Lifeskills Training	Lifeskills Training Student		
interrelationship of emotional	people feel shy or	Teacher's Manual	Guide Level 1: Getting Over		
and social healths in	uncomfortable in social	Level 1: Social Skills	Being Shy, Worksheet 21		
adolescence.	situations.	A			
			Lifeskills Training Pre-Test:		
	Discuss how shyness	Lifeskills Training	http://www.lifeskillstraining		
	can be overcome.	Companion Website:	.com//lst classroom.php		
		http://www.lifeskills			
	Practice making social	training.com/msweb			
	contacts.	<u>/student/L1-</u>			
		activity.php			
	Practice giving and				
	receiving compliments.				
	Practice initiating,				
	sustaining and ending				
	conversations.				



Content Area: Health & Wellness

Grade Level/Course: Sixth Grade/Level 1 Social Skills B

Grade Level/Course: Sixth Grade/Level 1 Social Skills B						
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards		
6.1.2 Identify the interrelationship of emotional and social healths in adolescence.	Discuss what attributes attract individuals to one another. Apply general social skills to interactions with someone you would like to get to know. Identify new and different social activities. Discuss ways to approach others with ideas for social activities. Discuss ways of responding to invitations	Lifeskills Training Teacher's Manual Level 1: Social Skills B Lifeskills Training Companion Website: http://www.lifeskillstraining.com/msweb/student/L1-activity.php	Lifeskills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	6.6.1 Engage in physical activities as an opportunity to socialize with friends and family. 6.6.3 Identify the social, emotional, and physical benefits of participation in physical activities.		



Content Area: Health & Wellness

Grade Level/Course: Sixth Grade/Level 1 Assertiveness

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Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education
				Standards
6.4.2 Choose refusal skills to	Identify common	Lifeskills Training	Lifeskills Training Student	
avoid or reduce health risks.	situations where people	Teacher's Manual	Guide Level 1: Handling	
	often fail to be assertive.	Level 1:	Difficult Situations,	
6.4.4 Choose how to ask for		Assertiveness	Worksheet 22	
assistance to enhance the health	Identify persuasive			
of self.	tactics.	Lifeskills Training	Lifeskills Training Pre-Test:	
		Companion Website:	http://www.lifeskillstraining	
6.7.3 Identify practices to avoid	Identify and practice	http://www.lifeskills	.com//lst classroom.php	
or reduce health risks to self and	verbal and non-verbal	training.com/msweb		
others.	assertiveness skills.	/student/L1-		
		activity.php		
	Discuss alternative ways			
	for dealing with			
	situations where			
	teenagers are pressured			
	to smoke, drink, or use			
	marijuana.			
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Grade Level/Course: Sixth Grade/Level 1 Resolving Conflicts (optional)					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards	
6.4.3 Choose effective conflict management strategies.	Identify negotiation as the preferred method for resolving conflicts. Review techniques for controlling anger, being assertive, communication skills, and decisionmaking skills and apply them to conflict situations. Recognize that consensus building and problemsolving skills can resolve conflicts.	Lifeskills Training Teacher's Manual Level 1: Resolving Conflicts Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L1- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining. com//lst classroom.php		



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Drug Abuse and Violence: Causes and Effects

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
 7.1.5 Explain ways to reduce or prevent health risks among adolescents. 7.2.1 Describe how family values and behaviors influence the health of adolescents. 7.2.7 Indicate how the perceptions of norms influence healthy and unhealthy behaviors. 7.7.2 Indicate healthy behaviors that will maintain or improve the health of self or others. 	Define drug abuse. Identify the causes of drug abuse. Identify the social factors promoting drug abuse. Identify the social realities of drug abuse. Describe the addictive process. Recognize that the best way of preventing drug abuse is to never start. Discuss the effects of drug abuse, including the immediate effects of cigarette smoke. Define violence. Identify the causes of violence.	LifeSkills Training Teacher's Manual Level 2: Drug Abuse and Violence: Causes and Effects Lifeskills Training Companion Website: http://www.lifeskillstraining.com/msweb/student/L1-activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	Stalluarus
	Discuss reasons for avoiding violence.			



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Making Decisions

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education
7.2.3 Describe how peers influence unhealthy behaviors. 7.2.8 Describe the influence of personal beliefs on health practices and behaviors. 7.2.9 Identify how public health policies can influence disease prevention. 7.5.1 Describe situations that can help or hinder healthy decision-making. 7.5.2 Recognize when health-related situations require a thoughtful decision-making process. 7.5.4 Differentiate between healthy and unhealthy choices to health-related issues or problems. 7.5.5 Examine the potential short-term impact of each option on self and others. 7.5.6 Choose healthy choices over unhealthy choices when making a decision. 7.5.7 Examine the consequences of a health-related decision.	Review suggested formula for making decisions. Recognize that different people make different decisions in the same situation. Analyze decisions or problems to be solved using the decision-making formula. Identify common external influences on decision making. Practice making decisions using the decision-making formula.	LifeSkills Training Teacher's Manual Level 2: Making Decisions Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L2- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	Standards



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Media Influences

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
7.2.5 Examine how information from the media influences health behaviors.7.8.4 Explain ways that health messages can be altered for different audiences.	Identify common advertising techniques. Illustrate methods used by the media to influence consumer choices. Identify and analyze techniques used to advertise cigarettes and alcoholic beverages. Recognize automatic responses to advertising. Discuss alternative ways of responding to ads in order to resist ad pressures.	LifeSkills Training Teacher's Manual Level 2: Media Influences Lifeskills Training Companion Website: http://www.lifeskillstraining.com/msweb/student/L2-activity.php	LifeSkills Training Student Guide Level 2: Practice Analyzing Tobacco and Alcohol Ads, Worksheet 6 LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Coping with Anxiety

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
7.6.1 Analyze the effectiveness of	Discuss common	LifeSkills Training	LifeSkills Training Pre-Test:	
personal health practices.	situations which	Teacher's Manual	http://www.lifeskillstraining	
	produce nervousness.	Level 2: Coping with	.com//lst classroom.php	
7.6.3 Demonstrate skills needed		Anxiety		
to attain health goal.	Discuss the value of			
	preparation as a method	Lifeskills Training		
	of reducing performance	Companion Website:		
	anxiety.	http://www.lifeskills		
		training.com/msweb		
	Practice anxiety-	/student/L2-		
	reduction techniques.	activity.php		
	Recognize the value of			
	positive thinking.			



Grade Level/Course: Seventh Grade/Level 2 Coping with Anger (optional)					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
7.6.1 Analyze the effectiveness of	Define anger.	LifeSkills Training	LifeSkills Training Pre-Test:		
personal health practices.		Teacher's Manual	http://www.lifeskillstraining		
	Review the physical	Level 2: Coping with	.com//lst classroom.php		
7.6.3 Demonstrate skills needed to attain health goal.	symptoms of anger.	Anger			
	Discuss common	Lifeskills Training			
	situations which	Companion Website:			
	produce anger.	http://www.lifeskills			
		training.com/msweb			
	Discuss reasons for	<u>/student/L2-</u>			
	keeping anger under control.	activity.php			
	Review the techniques for controlling anger.				
	Practice techniques for controlling anger.				



	Content Area: Health & Wellness						
Grade Level/Course: Seventh Grade/Level 2 Communication							
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards			
7.4.1 Demonstrate effective communication skills to enhance health.	Practice giving messages that are clear and specific. Understand the importance of consistency between verbal and non-verbal channels of communication. Demonstrate poor vs. good listening behavior. Describe verbal and non-verbal cues that indicate when someone is actively listening. Practice paraphrasing as a means of providing feedback and clearing up ambiguities.	LifeSkills Training Teacher's Manual Level 2: Communication Skills Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L2- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	7.5.2 Accept responsibility of being part of a team and strive to make contributions toward team success. 7.5.6 Participate in cooperative games that require a contribution from all team members.			



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Social Skills

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Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
7.1.2 Identify the interrelationship	Recognize that many	LifeSkills Training	LifeSkills Training Pre-Test:		
of emotional and social healths in	people feel shy.	Teacher's Manual	http://www.lifeskillstraining		
adolescence.		Level 2: Social Skills	.com//lst classroom.php		
	Identify techniques for				
	overcoming shyness.	Lifeskills Training			
		Companion Website:			
	Initiate, sustain, and	http://www.lifeskills			
	end a conversation.	training.com/msweb			
		/student/L2-			
	Use basic social skills.	activity.php			



$Botvin \textit{LifeSkills Training} \ and \ Indiana \ Health \ \& \ Wellness \ and \ Physical \ Education \ Alignment$

Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Assertiveness

Grade Level/Course: Seventh Grade	Grade Level/Course: Seventh Grade/Level 2 Assertiveness				
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
7.4.2 Model refusal and	Define and discuss the	LifeSkills Training	<i>LifeSkills Training</i> Pre-Test:		
negotiation skills to avoid or	difference between	Teacher's Manual	http://www.lifeskillstraining		
reduce health risks.	assertiveness and	Level 2:	.com//lst classroom.php		
	aggressiveness.	Assertiveness			
7.4.4 Model how to ask for					
assistance to enhance the health of	Identify common	Lifeskills Training			
others.	situations where people	Companion Website:			
	often fail to be	http://www.lifeskills			
7.8.1 Select a health-enhancing	assertive.	training.com/msweb			
position and support it with		/student/L2-			
accurate information.	Identify and practice	activity.php			
	verbal assertiveness				
7.8.2 Demonstrate how to	skills.				
influence and support others to					
make positive health choices.	Identify and practice				
	non-verbal				
	assertiveness skills.				



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Resolving Conflicts (optional)

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
7.4.2 Model refusal and negotiation skills to avoid or reduce health risks.7.4.3 Model effective conflict resolution strategies.	Review five major ways to resolve conflicts. Identify the basic steps of conflict resolution. Apply anxiety-reducing and anger-controlling techniques to conflict resolution. Apply decision-making techniques to conflict resolution. Apply communication techniques to conflict resolution. Apply assertiveness techniques to conflict resolution. Practice resolving conflicts.	LifeSkills Training Teacher's Manual Level 2: Resolving Conflicts Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L2- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	Standards



Content Area: Health & Wellness

Grade Level/Course: Seventh Grade/Level 2 Resisting Peer Pressure

Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
7.2.3 Describe how peers influence unhealthy behaviors.7.5.1 Describe situations that can help or hinder healthy decision making.	Identify and discuss persuasive tactics used to convince people to use drugs. Identify situations where students feel pressured to smoke, drink, or use drugs. Identify and discuss "lines" people use to convince others to smoke. Identify and practice techniques for dealing with direct pressure to engage in smoking, drinking, and drug use. Identify situations involving peer pressure to use drugs that warrant an assertive response.	LifeSkills Training Teacher's Manual Level 2: Resisting Peer Pressure Lifeskills Training Companion Website: http://www.lifeskills training.com/msweb /student/L2- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst_classroom.php	



Content Area: Health & Wellness

Grade Level/Course: Eighth Grade/Level 3 Drug Abuse: Causes and Effects (optional)

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Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
8.1.1 Analyze the relationship	Identify the causes of	LifeSkills Teacher's	LifeSkills Training Pre-Test:	
between healthy behaviors and	drug abuse.	Manual Level 3: Drug	http://www.lifeskillstraining	
personal health.		Abuse: Causes and	.com//lst classroom.php	
	Identify the major	Effects		
8.2.7 Explain how the perceptions of	social factors			
norms influence healthy and	promoting drug use.	Lifeskills Companion		
unhealthy behaviors.		Website:		
	Describe physical	http://www.lifeskills		
8.2.8 Explain the influence of personal	and psychological	training.com/msweb		
values and beliefs on individual health	dependence.	/student/L3-		
practice and behaviors.		activity.php		
8.7.2 Indicate healthy behaviors that				
will maintain or improve the health of				
self or others.				



Content Area: Health & Wellness					
Grade Level/Course: Eighth Grade/Level 3 Making Decisions					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
8.2.9 Describe how some health risk	Review the 3 Cs	LifeSkills Training	LifeSkills Training Pre-Test:	8.5.3 Recognize and	
behaviors can influence health promotion	formula for decision	Teacher's Manual	http://www.lifeskillstraining	correct unsafe	
and disease prevention.	making.	Level 3: Making	.com//lst_classroom.php	situations related to	
8.5.1 Identify circumstances that can help or		Decisions		participation in	
hinder healthy decision-making.	Apply the decision-			physical activities.	
8.5.2 Determine when health-related	making formula to a	Lifeskills Companion			
situations require the application of a	variety of situations	Website:			
thoughtful decision-making process.	through in-class	http://www.lifeskills			
8.5.3 Distinguish when individual or	practice.	training.com/msweb			
collaborative decision-making is	•	/student/L3-			
appropriate.		activity.php			
8.5.4 Distinguish between healthy and		working .pmp			
unhealthy alternatives to health-related					
issues or problems.					
8.5.5 Predict the potential short-term impact					
of each alternative on self and others.					
8.5.6 Choose healthy alternatives over					
unhealthy alternatives when making a					
decision.					
8.5.7 Analyze the outcomes of a health-					
related decision.					
8.7.2 Demonstrate healthy practices and					
behaviors that will maintain or improve the					
health of others.					



Grade Level/Course: Eighth Grade/Level 3 Media Influences (optional)				
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
8.2.5 Analyze how messages from	Identify the sources of	LifeSkills Training	LifeSkills Training Pre-Test:	
the media influence health	media influences.	Teacher's Manual	http://www.lifeskillstraining	
behaviors.		Level 3: Media	.com//lst classroom.php	
	Discuss the impact the	Influences		
8.8.4 Identify ways that health	media have on			
messages and communication	attitudes and behavior.	Lifeskills Companion		
techniques can be altered for		Website:		
different audiences.	Formulate alternative	http://www.lifeskills		
	responses to pro-drug	training.com/msweb		
	media influences.	<u>/student/L3-</u>		
		activity.php		
	Use critical thinking			
	skills to resist pro-drug			
	media influences.			



Grade Level/Course: Eighth Grade/L	evel 3 Coping with Anxiety			
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
8.6.3 Apply strategies and skills	Identify techniques for	LifeSkills Training	LifeSkills Training Pre-Test:	
needed to attain a personal health	coping with anxiety.	Teacher's Manual	http://www.lifeskillstraining	
goal.		Level 3: Coping with	.com//lst classroom.php	
	Review and practice	Anxiety		
	deep breathing			
	progressive relaxation,	Lifeskills Companion		
	and positive thinking.	Website:		
		http://www.lifeskills		
	Review and practice	training.com/msweb		
	cognitive self-control	<u>/student/L3-</u>		
	skills for dealing with	activity.php		
	anxiety.			
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Grade Level/Course: Eighth Grade/Le	evel 3 Coping with Anger (optional)		
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
	, ,			Opportunities in
				Physical Education
				Standards
8.6.3 Apply strategies and skills	Discuss the physical	LifeSkills Training	<i>LifeSkills Training</i> Pre-Test:	
needed to attain a personal health	symptoms of anger.	Teacher's Manual	http://www.lifeskillstraining	
goal.		Level 3: Coping with	.com//lst classroom.php	
	Discuss common	Anger		
	situations that produce			
	anger.	Lifeskills Companion		
		Website:		
	Discuss reasons for	http://www.lifeskills		
	keeping anger under	training.com/msweb		
	control.	<u>/student/L3-</u>		
		activity.php		
	Review techniques for			
	controlling anger.			
	Practice techniques for			
	controlling anger.			



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Grade Level/Course: Eighth/Level 3	Social Skills			
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration Opportunities in Physical Education Standards
8.1.2 Describe the interrelationship of emotional, intellectual, physical, and social healths in adolescence.	Identify and use common greetings and brief exchanges. Identify and use skills for starting, continuing and ending a conversation. Discuss situations which require "deep" conversations. Identify techniques for "deep" conversations.	LifeSkills Training Teacher's Manual Level 3: Social Skills Lifeskills Companion Website: http://www.lifeskills training.com/msweb /student/L3- activity.php	LifeSkills Training Pre-Test: http://www.lifeskillstraining .com//lst classroom.php	8.5.4 Demonstrate a positive attitude toward self and others through physical activity.



Content Area: Health & Wellness

Grade Level/Course: Eighth Grade/Level 3 Assertiveness

Grade Level/Course: Eighth Grade/Le	evel 3 Assertiveness			
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration
				Opportunities in
				Physical Education
				Standards
8.2.3 Describe how peers influence	Identify situations that	LifeSkills Training	LifeSkills Training Pre-Test:	
healthy and unhealthy behaviors.	warrant assertive	Teacher's Manual	http://www.lifeskillstraining	
	responses.	Level 3:	.com//lst classroom.php	
8.4.4 Demonstrate how to ask for		Assertiveness		
assistance to enhance the health of	Identify and use verbal			
self and others.	assertiveness skills.	Lifeskills Companion		
		Website:		
8.7.2 Demonstrate healthy practices	Identify and use non-	http://www.lifeskills		
and behaviors that will maintain or	verbal assertive skills.	training.com/msweb		
improve the health of self and		<u>/student/L3-</u>		
others.		activity.php		
8.7.3 Demonstrate behaviors to				
avoid or reduce health risks to self				
or others.				



Grade Level/Course: Eighth Grade/Level 3 Resolving Conflicts (optional)					
Health & Wellness Standards	LST Goals/Objectives	Resources	Assessments	Integration	
				Opportunities in	
				Physical Education	
				Standards	
8.4.2 Demonstrate refusal and	Define conflict	LifeSkills Training	LifeSkills Training Pre-Test:	8.5.6 Resolve	
negotiation skills to avoid or reduce	resolution.	Teacher's Manual	http://www.lifeskillstraining	conflicts and accept	
health risks.		Level 3: Resolving	.com//lst classroom.php	decisions or	
	Identify styles of	Conflicts		judgments in	
8.4.3 Demonstrate effective conflict	resolving conflicts.			socially acceptable	
management or resolution		Lifeskills Companion		ways.	
strategies.	Identify the basic steps	Website:			
	of conflict resolution.	http://www.lifeskills			
		training.com/msweb			
	Practice suggesting	<u>/student/L3-</u>			
	compromises.	activity.php			
	Practice resolving				
	conflicts.				