

## PRACTICAL LIVING/VOCATIONAL STUDIES

### **Fifth Grade**

PL-05-1.1.3 - Students will describe how physical, social and emotional changes occur during preadolescence.

PL-05-1.1.6 - Students will describe how an individual's behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). DOK 2

PL-05-1.1.7 - Students will explain how strategies (e.g., diet exercise, rest, immunizations) and good hygiene practices (e.g., hand washing, brushing teeth, using tissues, not sharing personal items, adequate protection from ultraviolet rays) promote good health and prevent communicable (cold, flu/influenza, measles, strep throat) and non-communicable (heart disease, diabetes, obesity, cancer, asthma) diseases. DOK 2

PL-05-1.1.8 - Students will explain risks associated with unhealthy habits and behaviors (tobacco, alcohol, illegal drug use). DOK 2

PL-05-1.2.1 - Students will identify the role of nutrients (protein, carbohydrates, fats, minerals, vitamins, water), which are important in the growth, and development of healthy bodies (e.g., strong bones and muscles, energy).

PL-05-2.1.2 - Students will apply fundamental movement concepts: Body awareness - What the body is doing; Space awareness - Where the body moves; Time - How quickly the body moves; Effort - How the body moves; Relationship - Relationships that occur while the body moves

PL-05-2.2.1 - Students will explain how physical and social benefits that result from regular and appropriate participation in physical activities: physical benefits (e.g., weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction); social benefits: (e.g., positive interaction with others, respect for self and others, enjoyment, self-expression). DOK 2

PL-05-2.2.3 - Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time). DOK 1

### **Sixth Grade**

PL-06-1.1.3 - Students will identify the physical, social and emotional changes (e.g., growth spurts, peer influence, self-confidence, mood swings) that occur during adolescence.

PL-06-1.1.4 - Students will explain basic structures and function of the reproductive system.

PL-06-1.1.6 - Students will describe how individual behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). DOK 2

PL-06-1.1.7 - Students will describe symptoms, causes, patterns of transmission, prevention and treatments of communicable (colds, flu/influenza, mononucleosis, hepatitis, HIV/AIDS/STD,

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tuberculosis) and non-communicable diseases (cancer, cardiovascular disease, diabetes, obesity, asthma, emphysema). *DOK 2*

PL-06-1.1.8 - Students will explain risks associated with unhealthy habits and behaviors (e.g., substance use/abuse of tobacco, alcohol, illegal drugs, prescription drugs, dietary habits/eating disorders, irregular exercise habits, sexual activity). *DOK 2*

PL-06-1.2.1 - Students will describe how foods containing nutrients (proteins, carbohydrates, fats, minerals, vitamins, water) are important for the growth and development of healthy bodies (e.g., strong bones and muscles, energy, healthy organs).

PL-06-2.2.1 - Students will describe the physical benefits gained from regular participation in leisure/recreational, or competitive physical activities: physical benefits (e.g., Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory and cardiovascular endurance, control of body movements, stress reduction body composition, decreased resting heart rate, reduced cholesterol levels)

PL-06-2.2.3 - Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time). *DOK 1*

PL-06-4.3.1 - Students will identify careers that are impacted by scientific and technological changes (e.g., nursing, meteorologist, radio & television broadcaster, journalist).

## **Seventh Grade**

PL-07-1.1.3 - Students will identify the physical, social and emotional changes (e.g., growth spurts, peer influence, self-confidence, mood swings) that occur during adolescence.

PL-07-1.1.4 - Students will explain basic structures and function of the reproductive system.

PL-07-1.1.6 - Students will describe how individual behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). *DOK 2*

PL-07-1.1.7 - Students will describe symptoms, causes, patterns of transmission, prevention and treatments of communicable (colds, flu/influenza, mononucleosis, hepatitis, HIV/AIDS/STD, tuberculosis) and non-communicable diseases (cancer, cardiovascular disease, diabetes, obesity, asthma, emphysema). *DOK 2*

PL-07-1.1.8 - Students will explain risks associated with unhealthy habits and behaviors (e.g., substance use/abuse of tobacco, alcohol, illegal drugs, prescription drugs, dietary habits/eating disorders, irregular exercise habits, sexual activity). *DOK 2*

PL-07-1.2.1 - Students will describe how foods containing nutrients (proteins, carbohydrates, fats, minerals, vitamins, water) are important for the growth and development of healthy bodies (e.g., strong bones and muscles, energy, healthy organs).

PL-07-2.2.1 - Students will describe the physical benefits gained from regular participation in leisure/recreational, or competitive physical activities: physical benefits (e.g., Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory and

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cardiovascular endurance, control of body movements, stress reduction body composition, decreased resting heart rate, reduced cholesterol levels)

PL-07-2.2.3 - Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time). DOK 1

PL-07-4.3.1 - Students will identify careers that are impacted by scientific and technological changes (e.g., nursing, meteorologist, radio & television broadcaster, journalist).

## **Eighth Grade**

PL-08-1.1.3 - Students will identify the physical, social and emotional changes (e.g., growth spurts, peer influence, self-confidence, mood swings) that occur during adolescence.

PL-08-1.1.4 - Students will explain basic structures and function of the reproductive system.

PL-08-1.1.6 - Students will describe how individual behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). DOK 2

PL-08-1.1.7 - Students will describe symptoms, causes, patterns of transmission, prevention and treatments of communicable (colds, flu/influenza, mononucleosis, hepatitis, HIV/AIDS/STD, tuberculosis) and non-communicable diseases (cancer, cardiovascular disease, diabetes, obesity, asthma, emphysema). DOK 2

PL-08-1.1.8 - Students will explain risks associated with unhealthy habits and behaviors (e.g., substance use/abuse of tobacco, alcohol, illegal drugs, prescription drugs, dietary habits/eating disorders, irregular exercise habits, sexual activity). DOK 2

PL-08-1.2.1 - Students will describe how foods containing nutrients (proteins, carbohydrates, fats, minerals, vitamins, water) are important for the growth and development of healthy bodies (e.g., strong bones and muscles, energy, healthy organs).

PL-08-2.2.1 - Students will describe the physical benefits gained from regular participation in leisure/recreational, or competitive physical activities: physical benefits (e.g., Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory and cardiovascular endurance, control of body movements, stress reduction body composition, decreased resting heart rate, reduced cholesterol levels)

PL-08-2.2.3 - Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time). DOK 1

PL-08-4.1.4 - Students will describe how a Career Interest Inventory, Learning Styles Inventory, and other formal assessments, job fairs, job shadowing, academic experiences/grades and hobbies are used in determining individual traits (e.g., interests, abilities, learning styles) and explain how knowledge of such traits is helpful in developing career goals for an Individual Learning Plan (ILP). DOK 3

PL-08-4.3.1 - Students will identify careers that are impacted by scientific and technological changes (e.g., nursing, meteorologist, radio & television broadcaster, journalist).

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## **High School**

PL.HS.1.1.4 - Students will explain the process of human reproduction and development (e.g., conception, birth, childhood, adolescence, adulthood) and its impact on an individual's well being.

PL-HS-1.1.6 - Students will analyze the effect of individual behavior choices and habits relating to diet, exercise, rest and other choices (e.g., tobacco, alcohol, and other drug use) on various body systems (e.g., circulatory, respiratory, nervous, digestive). DOK 3

PL-HS-1.1.7 - Students will describe symptoms, causes, patterns of transmission, prevention and treatments of communicable diseases (hepatitis, tuberculosis, STD/HIV/AIDS) and non-communicable diseases (cancer, diabetes, obesity, cardiovascular disease, arthritis, osteoporosis). DOK 2

PL-HS-1.1.8 - Students will explain risks associated with unhealthy habits and behaviors (e.g., dietary, physical activity, tobacco, alcohol, steroids, other substance abuse, sexual activity, violent/aggressive behavior).

PL-HS-1.2.1 - Students will evaluate the positive and negative impact of food selections that contain essential nutrients (proteins, carbohydrates, fats, minerals, vitamins, water) on maintaining and promoting health.

PL-HS-2.1.1 - Students will analyze the principles for motor skills (e.g., accuracy, technique, physics, mechanics) and make applications for improving these skills (locomotor, nonlocomotor, transitional).

PL-HS-2.1.2 - Students will infer how an analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through) can be used to make recommendations for the improvement of skills used in individual, dual, and team sports (e.g., golf, racket sports, softball, volleyball, basketball).

PL-HS-2.2.1 - Students will explain how physical benefits result from regular participation in leisure/recreational or competitive physical activities: DOK 2

- physical benefits (e.g., disease prevention, weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction, increased metabolism, reduction of body fat, decrease in cholesterol, decrease in heart rate)

PL-HS-2.2.3 - Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and apply the FITT Principle (Frequency, Intensity, Type, Time) to create a comprehensive exercise plan.

## BIOLOGICAL SCIENCE

### **Fifth Grade**

SC-05-3.4.1 - Students will describe and compare living systems to understand the complementary nature of structure and function. Observations and comparisons of living systems at all levels of organization illustrate the complementary nature of structure and function. Important levels of organization for structure and function include cells, tissues, organs, organ systems, organisms and ecosystems. DOK 2

### **Sixth Grade**

SC-06-3.4.1 - Students will describe the relationship between cells, tissues and organs in order to explain their function in multicellular organisms. Groups of specialized cells cooperate to form tissues. Different tissues are, in turn, grouped together to form larger functional units called organs. Examination of cells, tissues and organs reveals that each type has a distinct structure and set of functions that serve the organism. DOK 3

### **Seventh Grade**

SC-07-3.4.2 - Students will describe and compare sexual and asexual reproduction. Reproduction is a characteristic of all living systems and is essential to the continuation of every species as evidenced through observable patterns. In species that reproduce sexually, including humans and plants, male and female sex cells carrying genetic information unite to begin the development of a new individual. DOK 2

### **Eighth Grade**

SC-08-3.4.2 - Students will understand that in the development of multicellular organisms, cells multiply (mitosis) and differentiate to form many specialized cells, tissues and organs. This differentiation is regulated through the expression of different genes.

SC-08-3.4.5 - Students will understand that multicellular animals have nervous systems that generate behavior. Nerve cells communicate with each other by secreting specific molecules.

### **High School**

SC-HS-3.4.8 - Students will understand that multicellular animals have nervous systems that generate behavior. Nerve cells communicate with each other by secreting specific molecules. Specialized cells in sense organs detect light, sound and specific chemicals enabling animals to monitor what is going on in the world around them.