

Health – grades 7 & 8
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

7-8.1 Increases understanding of how stress affects our overall health and methods to use to help control stress.

Standard 2

7-8.2 Knows strategies for assessing and managing common emergencies, (first aid procedures, abdominal thrusts for choking, CPR).

Standard 3

7-8.3 Increased knowledge of how the diet affects the heart and cardiovascular system.

Standard 4

7-8.4 Understands how lifestyle, pathogens, family history, stress, and other risk factors are related to the cause or prevention of disease and other health problems.

Standard 5

7-8.5 This is covered in Guidance.

Standard 6

7-8.6 Understands the physical and emotional changes that occur during adolescence.

7-8.7 Understands how the role of family members changes as they grow up.

7-8.8 Understands the processes of conception, prenatal development, and birth.