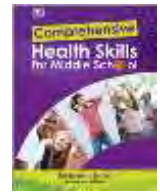


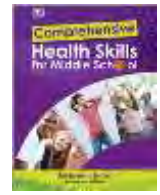
Goodheart-Willcox Publisher
Correlation of
***Comprehensive Health Skills* © (2021)**
to West Virginia Department of Education
Course: Middle School Health Education Grade (6)



Standards		Correlating Text Pages
Cluster	Health Promotion and Disease Prevention	
WE.6.1	Investigate personal diet, create an understanding of serving size versus portion size, and analyze nutritional needs of adolescents.	205-215
WE.6.2	List short-term and long-term effects of alcohol, drugs, and tobacco.	77 , 88, 166, 279-285, 311-316, 344-347, 399-400
WE.6.3	List short-term and long-term effects of sedentary lifestyle.	19- 21, 244-246
WE.6.4	Examine healthy behaviors and practices beneficial to each body system and help lead to a healthy lifestyle.	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.6.5	Describe how family health history, hereditary factors, and personal lifestyle choices impact personal health.	15-17, 19-21, 103-104, 165, 210-211, 244, 288, 379-380, 382, 386, 396-398
WE.6.6	Analyze the seven dimensions of wellness and how to maintain or improve them (e.g., physical, emotional, social, intellectual, spiritual, environmental, and occupational).	7-10, 14, 17, 19-20
WE.6.7	Recognize medical terminology, anatomical landmarks, and functions of the reproductive system.	551-553, 567-568, 576
Cluster	Culture, Media, and Technology	
WE.6.8	Analyze how media messages influence choices on health behaviors (e.g., tobacco, drugs, alcohol, eating disorders, etc.).	27 – 32 ,80, 234 – 235, 290-291, 298-289, 324, 355
WE.6.9	Analyze advertiser influences on consumer choices (e.g., brand names, fads).	27 – 32 ,80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
WE.6.10	Explain how families influence the health of adolescents (e.g., family time, meal preparation, religious practices, weight control).	16-17, 289, 321-324, 355
WE.6.11	Explain the influence of personal values, beliefs, and culture on health practices and behaviors.	14, 19-21, 23, 130, 133-134, 231, 490-491, 497-498
WE.6.12	Explain how peers, school, and community can impact personal health practices and behaviors.	475, 491, 518
WE.6.13	Explain how technology has advanced health promotion and disease prevention.	27-29, 80, 234-235, 262, 298-299



Standards		Correlating Text Pages
WV.6.14	Discuss the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity).	19-20, 218-222, 497-498, 525, 533, 540, 573-578, 613-616
Cluster	Health Information and Service	
WE.6.15	Analyze the validity of health information, products, and services.	27 – 32 ,80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
WE.6.16	Identify sources of valid health information.	27 – 32 ,80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
WE.6.17	Describe situations that may require professional health services (e.g., drug addiction, suicide prevention, sudden illness, accidents).	183-185, 316-317, 356-362, 407-411, 423-428, 430-438
WE.6.18	Recognize the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain.	341 – 342, 351, 358
Cluster	Communication	
WE.6.19	Demonstrate effective verbal and non-verbal communication skills (e.g., refusal skills, body language, restating).	25, 478-483
WE.6.20	Describe a variety of positive coping mechanisms and conflict resolution skills to deal with difficult situations.	484-487 , 494
WE.6.21	Use positive communication skills to build and maintain healthy relationships.	478-483
WE.6.22	Explain refusal and negotiation skills to avoid or reduce risks of dangerous situations.	25, 299-300, 325, 358-360, 423, 484-487, 589-591, 625-626
Cluster	Decision Making	
WE.6.23	List the steps of the decision-making process to solve problems.	22-24, 324
WE.6.24	Select healthy options that benefit health-related issues or problems.	15-21
WE.6.25	Describe potential outcomes when making health-related decisions (obesity, alcoholism, drug dependence) for self and others.	19-21, 103-104, 210-211, 244
WE.6.26	Select decision-making skills that protect against communicable and non-communicable diseases.	22-24, 324
WE.6.27	Examine multiple options and differentiate between healthy and unhealthy choices when making decisions.	19-24, 103-104, 210-211, 244,324
Cluster	Goal Setting	
WE.6.28	Explain how the goal setting process is important in designing strategies to avoid risky behaviors.	22-25 , 222, 263-265



Standards		Correlating Text Pages
WE.6.29	Select a personal health goal and track progress toward achievement.	22-25 , 222, 263-265
WE.6.30	Describe how personal health goals and practices can change (e.g., maturity, peer influences, environment).	289-291, 322-323, 475, 503-504, 569-570
Cluster	Health Behaviors	
WE.6.31	Differentiate between safe and risky behaviors in relationships.	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.6.32	Discuss healthy lifestyle practices to improve personal and family health.	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.6.33	List protective behaviors used to avoid and reduce threatening situations (e.g., be with a group, confide in trusted adults).	525-526, 533-535, 542, 632-634
WE.6.34	Identify appropriate strategies used to reduce stress, anxiety, and depression.	143, 152-158, 243-245
WE.6.35	Contrast the differences between safe and risky behaviors for preventing pregnancy and STDs/STIs.	589-591, 599
WE.6.36	Demonstrate CPR, hands only CPR, AED, and basic first aid.	428-438
Cluster	Advocacy	
WE.6.37	Advocate for healthy lifestyles.	29-32
WE.6.38	Discuss ways health messages can be altered depending on the audience.	27-32 ,80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
WE.6.39	Explain how to influence others to make positive health choices.	29-32
WE.6.40	Discuss results of national or state youth risk behavior survey information.	288-291, 321-324, 355-356, 507, 538, 570-571, 622-623, 651-652

Physical Education		
Cluster	Movement Forms / Motor Skills	
WE.6.41	Perform independently in physical activity to improve skills and fitness.	246-254
WE.6.42	Perform basic skills necessary to participate in individual, dual, team, and lifetime activities.	246-254
WE.6.43	Perform social and/or multicultural dances.	246-254
Cluster	Physical Activity	
WE.6.44	Participate in physical activity in addition to physical education class.	246-254
WE.6.45	Identify lifelong physical activity opportunities (e.g., walk/run, bike, hike, dance, strength training).	246-254

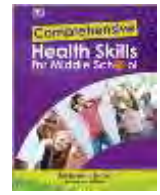


Physical Education		
Cluster	Physical Fitness	
WE.6.46	Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up).	250
WE.6.47	Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch).	251
WE.6.48	Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run).	250-251
WE.6.49	Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement.	246-254
WE.6.50	Describe the fitness benefits of a variety of physical activities (e.g., stretching, cardio, strength training).	249-254
WE.6.51	Describe the importance of warm-up and cool-down activities when participating in physical fitness.	257
Cluster	Responsible Personal and Social Behavior	
WE.6.52	Work cooperatively and productively in a group to accomplish a set goal/task.	22-25, 222, 263-265
WE.6.53	Follow rules, procedures, etiquette for safety and fair play.	255-260
WE.6.54	Practice behaviors that are supportive and inclusive in physical activity.	255-260

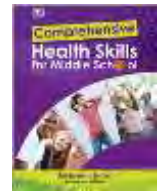
Goodheart-Willcox Publisher
Correlation of
***Comprehensive Health Skills* © (2021)**
to West Virginia Department of Education
Course: Middle School Health Education Grades (7)



Standards		Correlating Text Pages
Cluster	Health Promotion and Disease Prevention	
WE.7.1	List the six essential nutrients; determine their sources and functions.	195-203
WE.7.2	Analyze the effects of risky lifestyle behaviors on body systems and general wellness.	77, 88, 166, 279-285, 311-316, 344-347, 399-400, 507, 570-571, 585, 595-597, 622-623, 651-652
WE.7.3	Describe the anatomy and functions of the reproductive system.	550-553, 566-568, 576
WE.7.4	Identify general symptoms and potentially long-term health consequences of STDs/STIs.	589-581, 599
WE.7.5	Explain short-term and long-term effects of alcohol, drug, and tobacco use.	77, 88, 166, 279-285, 311-316, 344-347, 399-400
WE.7.8	Research the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain.	341-342, 351, 358
Cluster	Culture, Media, and Technology	
WE.7.9	Compare and contrast the influence of peers, community, and cultural beliefs on health behaviors.	14, 19-21, 23, 130, 133-134, 231, 475, 490, -491, 497-498, 518
WE.7.10	Debate how messages from the media and advertising can influence health behaviors.	27-32, 80, 234-235, 290-291, 298-299, 324, 355
WE.7.11	Describe the impact of different types of bullying and identify necessary coping skills.	165, 182, 232, 518-525
WE.7.12	Explain the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity).	19-20, 218-222, 497-498, 525, 533, 540, 573-578, 613-616
WE.7.13	Determine the intent of media messages about alcohol, tobacco, and other drugs (e.g., alcoholic beverage commercials, prescription, and OTC drugs).	27-32, 80, 234-235, 290-291, 298-299, 324, 355
WE.7.14	Analyze the food industry and how it affects the health of society.	8, 19-21, 210-211, 559
WE.7.15	Examine the influence of the family on the health of adolescents (e.g., smoking, drinking, drug use, meal plans).	16-17, 289, 321-324, 355
Cluster	Health Information and Service	
WE.7.16	Research the costs of health information, insurance, products, and services.	10-13, 27-32

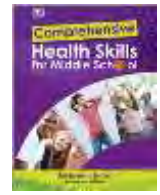


Standards		Correlating Text Pages
WE.7.17	Identify valid health information from a variety of sources (e.g., home, community, internet).	10-13, 27-32, 80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
WE.7.18	Explain why a situation might require professional and community health services.	183-185, 316-317, 356-362, 407-411, 423-428, 430-438
WE.7.19	Identify misinformation and stereotyping associated with food industries and/or health service.	8, 10-13, 19-21, 27-32, 80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355, 559
Cluster	Communication	
WE.7.20	Analyze effective verbal and non-verbal communication skills (e.g., body language, restating, individual/group conversation).	25, 478-483
WE.7.21	Analyze the effectiveness of a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, non-violent strategies to deal with upset feelings and difficult situations).	484-487, 494
WE.7.22	Give examples of refusal and negotiation skills to avoid health risks.	25, 299-300, 325, 358-360, 423, 485-486, 590-591, 625
WE.7.23	Discuss ways to develop and maintain healthy family relationships.	182, 488-495
Cluster	Decision Making	
WE.7.24	Apply established dietary guidelines in meal planning.	205-208
WE.7.25	Discuss the consequences of poor nutritional choices.	8, 19-21, 210-211, 559
WE.7.26	Role-play situations and practice positive decision-making concerning alcohol, tobacco and other drugs.	296-300, 325-326, 356-360
WE.7.27	Apply the steps of a decision-making process to solve a problem.	22-24, 324
Cluster	Goal Setting	
WE.7.28	Develop a personal health plan to address strengths and weaknesses (e.g., diet, exercise, sleep, relationships).	22-25, 222, 263-265
WE.7.29	Explain the importance of the goal setting process when planning future events.	22-25, 222, 263-265
WE.7.30	Discuss the impact of multiple factors on personal health goals (e.g., change of schools, getting older, new interests, family alteration).	22-25, 222, 263-265



Standards		Correlating Text Pages
Cluster	Health Behaviors	
WE.7.31	Recognize risky or harmful behaviors that may occur in relationships (e.g., abuse, date rape, sexual activity).	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.7.32	Analyze the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs/STIs, including Hepatitis B virus (HBV), HIV/AIDS, (e.g., abstinence, birth control, disease control).	589-591, 599
WE.7.33	Role-play protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment).	25, 299-300, 325, 358-360, 423, 485-486, 589-591, 625-626
WE.7.34	Identify strategies to reduce stress, anxiety, and depression.	143, 152-158, 243-245
WE.7.35	Demonstrate CPR, hands only CPR, AED and basic first aid procedures.	428-438
Cluster	Advocacy	
WE.7.36	Advocate to work cooperatively with family for healthy lifestyles (e.g., exercise together, diet plans, food preparation, spend time together).	29-32, 182, 475, 488-494
WE.7.37	Explain why making positive health choices will influence others.	22-24, 29-32, 569-570, 623-624, 656-658
WE.7.38	Analyze results of national or state youth risk behavior survey information.	288-291, 321-324, 355-356, 507, 538, 517-571, 622-623, 651-652

Physical Education		
Cluster	Movement Forms/Development of Motor Skills	
WE.7.39	Participate in a variety of individual, dual, and team sports.	246-254
WE.7.40	Participate in a variety of non-competitive individual activities.	246-254
WE.7.41	Create and perform a dance sequence in time to music.	246-254
Cluster	Physical Activity	
WE.7.42	Identify opportunities for physical activity available in the community and/or state (e.g., bicycling, golfing, white water rafting,	246-254



Physical Education		
	kayaking, hunting, fishing, skiing, mountain biking, hiking, rock climbing).	
WE.7.43	Participate in physical activities both in and outside school.	246-254
Cluster	Physical Fitness	
WE.7.44	Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up).	250
WE.7.45	Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch).	251
WE.7.46	Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run).	250-251
WE.7.47	Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement.	246-254
WE.7.48	Identify personal fitness needs and participate in physical activities to improve individualized goals.	246-254
WE.7.49	Explain how the principles of progression and overload improve personal fitness performance.	246-254
WE.7.50	Differentiate between health-related fitness (e.g. cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility) and skill related fitness (e.g. speed, agility, balance, reaction time, power, coordination).	249-254
Cluster	Responsible Personal and Social Behavior	
WE.7.51	Demonstrate cooperative team building skills appropriate for physical activity (e.g., equal opportunity for participation).	246-247
WE.7.52	Demonstrate appropriate conflict resolution skills (e.g., peer mediation).	25, 299-300, 325, 358-360, 423, 484-487, 589-591, 625-626



Goodheart-Willcox Publisher

18604 West Creek Drive • Tinley Park, IL 60477-6243

Web www.g-w.com

Orders 800.323.0440

Phone 708.687.5000

Fax 708.687.5068

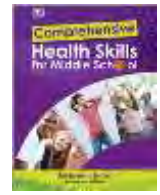


Physical Education		
WE.7.53	Demonstrate knowledge of rules, etiquette, and safety while participating in various physical activities (e.g. sportsmanship, fair play).	243-260

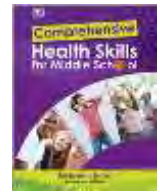
Goodheart-Willcox Publisher
Correlation of
***Comprehensive Health Skills* © (2021)**
to West Virginia Department of Education
Course: Middle School Health Education Grades (8)



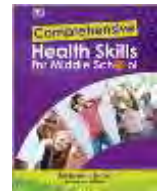
Standards		Correlating Text Pages
Cluster	Health Promotion and Disease Prevention	
WE.8.1	Apply sound nutritional principles to healthy food choices (e.g., whole foods, menu preparation, nutrition labels).	195-216
WE.8.2	Analyze the effects of risky behaviors on body systems and wellness (e.g., substance abuse, processed and high sugar foods).	7-10, 218-227, 288-291, 321-324, 355-356, 517, 538
WE.8.3	Label and explain the functions of the body systems (e.g., circulatory, skeletal, reproductive, digestive).	39-40, 280-281, 380-384, 551-553, 576, 654
WE.8.4	Determine the risk factors that lead to teen pregnancy, HIV/AIDS, HBV, and other STDs/STIs.	589-591, 599-600
WE.8.5	Recognize behaviors that protect and keep the male and female reproductive systems healthy.	566-567, 589-593, 655
Cluster	Culture, Media, and Technology	
WE.8.6	Identify cultural influences on health behaviors (e.g., nutrition, hygiene, relationships, medical, drug use).	14, 19-21, 133, 231, 490-491, 497-498
WE.8.7	Discuss the use of technology and its positive and negative impact on health (e.g., video games, computers, cell phones, medical information and advancements).	27-29, 80, 215, 223, 229-236, 290-291, 298-299, 324, 355, 420-423, 479, 483, 523-526
WE.8.8	Describe how bullying can have a negative impact on quality of life.	165, 182, 232, 520, 522-525
WE.8.9	Discuss the importance of respecting individual differences (e.g., race, religion, size, age, sex, gender identity).	19-20, 230-232, 497-498, 525, 533, 540, 613-617
Cluster	Health Information and Service	
WE.8.10	Research how health information, products, and services are financed (e.g., government, consumers, trusts).	10-13



Standards		Correlating Text Pages
WE.8.11	Research products advertised to enhance health and analyze the accuracy of information provided (e.g., vitamins, supplements, dietary aids).	27-29, 80, 234-235, 298-299, 324
WE.8.12	Evaluate the dangers of opioid use, the addictive characteristics of opioids, and safer alternatives to treat pain.	341 – 342, 358
Cluster	Communication	
WE.8.13	Demonstrate ways to exhibit care, consideration, and respect for self and others.	509-507
WE.8.14	Develop a variety of positive coping mechanisms/conflict resolution skills (e.g., negotiation, peer-mediation, non-violent strategies).	26, 484–487, 494
WE.8.15	Compare and contrast various refusal and negotiation skills to avoid or reduce risky and harmful health behaviors (e.g., pregnancy, drunk driving, STDs/STIs, dating violence, harassment, alcohol, tobacco, and other drugs).	25, 299-300, 325, 358-360
WE.8.16	Practice communication skills necessary for healthy relationships (e.g., courtesy, manners, respect, conflict resolution).	29-32, 478-483
Cluster	Decision Making	
WE.8.17	Develop healthy practices regarding health-related issues (e.g., nutrition, weight control, exercise, prescription drugs).	19-23, 103-104, 210-211 , 244 , 379-380 , 382, 396
WE.8.18	Predict potential outcomes of health-related decisions (e.g., alcohol, tobacco, and other drug use, nutrition, seatbelts and positioning in various modes of transportation).	77, 166, 279-283, 311-313, 344-347, 399-400, 425
WE.8.19	Develop decision-making skills needed to protect against communicable and non- communicable diseases.	19-21, 379-382, 391-396, 559
WE.8.20	Distinguish between options that are healthy and unhealthy.	19-21, 379-382, 391-396, 559
WE.8.21	Apply the steps to the decision-making process to solve problems.	22-24, 324



Standards		Correlating Text Pages
Cluster	Goal Setting	
WE.8.22	Assess personal health practices (e.g., safety, diet, exercise, sleep, alcohol, tobacco, and other drug use).	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.8.23	Discuss the importance of the goal setting process in designing strategies to quit unhealthy and risky behaviors.	24-25 , 222, 263-265
WE.8.24	Design a personal health goal and track progress toward its achievement (e.g., exercise, weight control, dental care).	22-25 , 222, 263-265
WE.8.25	Determine how personal health goals and practices can vary as priorities change (e.g., family illness, death of close friend, personal tragedy, maturity).	22-25 , 222, 263-265
Cluster	Health Behaviors	
WE.8.26	Distinguish between safe and risky or harmful behaviors in relationships (e.g., abuse, date rape, peer pressure, gang membership).	476-477, 506-507
WE.8.27	Examine the differences between safe and risky behaviors, including methods for preventing pregnancy and STDs/STIs (e.g., abstinence, birth control).	589-591, 599-600
WE.8.28	Explain protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment, gang membership, eating disorders).	144-145, , 229-236, 518, 525-526, 531, 536-539, 629-630
WE.8.29	Design strategies to reduce stress, anxiety, and depression.	143, 152-158, 176-177, 245
WE.8.30	Create good health practices to improve personal and family health (e.g., hygiene, nutrition, food preparation, family time).	19-21, 103-104, 210-211, 244, 379-380, 382, 396
WE.8.31	Demonstrate hands only CPR, AED, and first aid procedures.	428-438
Cluster	Advocacy	
WE.8.32	Work cooperatively to advocate for healthy individuals, families, communities, and schools (e.g., health organizations, local health fairs).	29-31, 185, 236, 358-360, 461-466



Standards		Correlating Text Pages
WE.8.33	Identify ways in which health messages and communication techniques can be altered for different audiences (e.g., age, gender, life experiences).	27-32, 478-483
WE.8.34	Explain how to encourage others to make positive health choices	27-32, 478-483
WE.8.35	Explain the need for legislation to protect and promote personal safety and health (e.g., traffic laws, health departments).	27-32, 478-483
WE.8.36	Recognize and promote environmental practices that will preserve natural resources for personal and community health.	445-466
WE.8.37	Analyze results of national or state youth risk behavior survey information.	19-21, 77 , 103-104, 166, 210-211, 244, 279-283, 311-313, 344-347, 379-380, 382, 396, 399-400

Physical Education		
Cluster	Movement Forms/Development of Motor Skills	
WE.8.38	Demonstrate basic offensive and defensive strategy while participating in individual, dual, and team sports (e.g., lead-up games/activities)	249-254
WE.8.39	Practice basic techniques and safety procedures while participating in non-competitive lifetime physical activity (e.g., wear helmet and other protective gear, practice safe use of equipment).	256-260
WE.8.40	Participate in a variety of rhythm and movement skills (e.g., social dance, line dance).	249-254
WE.8.41	Identify characteristics of skilled performance in a sport or activity (e.g., rubric, self/peer assessment).	252-254
Cluster	Physical Activity	
WE.8.42	Evaluate the health benefits of two or more physical activities.	243-247, 249-254
WE.8.43	Develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures).	243-247, 249-254
Cluster	Physical Fitness	
WE.8.44	Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up).	249-254
WE.8.45	Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch).	251



Physical Education		
WE.8.46	Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run).	250-251
WE.8.47	Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement.	262-268
WE.8.49	Implement personal fitness goals related to health related fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility) and skill related fitness (e.g., speed, agility, balance, reaction time, power, coordination).	262-268
WE.8.50	Apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.	262-268
Cluster	Responsible Personal and Social Behavior	
WE.8.51	Demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment-goggles, helmets).	243-247, 249-254, 256-260
WE.8.52	Discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, "I" messages).	25-26, 144, 482-487, 494
WE.8.53	Discuss the effects of peer pressure on physical activity participation and performance.	503-504