

# Academic Standards for Health, Safety, and Physical Education Correlation to Project ALERT

Pennsylvania Department of Education  
22 Pa. Code, Chapter 4, Appendix D (#006-276)  
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## Pennsylvania Standards Grade 6

Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

10.1 Concepts of Health 10.1.6 - Grade 6		Project ALERT Lesson/Activities C= Core Lesson, B= Booster Lesson, A= Lesson Activity	
<b>A.</b>	Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes		
	<ul style="list-style-type: none"> <li>▪ education</li> <li>▪ socioeconomic</li> </ul>	-	
<b>B.</b>	Identify and describe the structure and function of the major body systems		
	<ul style="list-style-type: none"> <li>▪ nervous</li> <li>▪ muscular</li> <li>▪ integumentary</li> <li>▪ urinary</li> <li>▪ endocrine</li> <li>▪ reproductive</li> <li>▪ immune</li> </ul>	-	
<b>C.</b>	Analyze nutritional concepts that impact health		
	<ul style="list-style-type: none"> <li>▪ caloric content of foods</li> <li>▪ relationship of food intake and physical activity (energy output)</li> <li>▪ nutrient requirements</li> <li>▪ label reading</li> <li>▪ healthful food selection</li> </ul>	-	
<b>D.</b>	Demonstrate skills that help self and others in emergency or crisis		
	<ul style="list-style-type: none"> <li>▪ peer influence</li> </ul>	C1 A3,4,5,6 C2 A5,6,7 C3 A2,3,4 C4 A1,2,4,5,6,7 C5 A2,3,4,5,6,7 C6 A2,3,4,5,6	C7 A1,2,3,4,5,6 C8 A8 C9 A1,2,3,4,6 C10 A1,2,3,4 C11 A2,3,5
	<ul style="list-style-type: none"> <li>▪ body image (steroids, enhancers)</li> </ul>	C1 A3,4,5,6 C2 A2,3,5,6,7 C3 A2,3	C4 A2,4,5,6,7 C10 A2 C11 A2

<b>10.1 Concepts of Health 10.1.6 - Grade 6</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson, B= Booster Lesson, A= Lesson Activity	
<b>D.</b>	Demonstrate skills that help self and others in emergency or crisis (cont'd)		
	▪ social acceptance	C1 A3,4,5,6 C2 A5,6,7 C3 A2,3,4,5,6,7 C4 A2,4,5,6,7 C5 A2,3,4,5,6,7 C6 A2,3,4,5,6	C7 A1,2,3,4,5,6,7 C8 A8 C9 A2,3,4,5,6 C10 A1,2,3,4 C11 A2,3,4,5
	▪ stress	C1 A3,4,5,6 C2 A2,3,5,6,7 C3 A2,3,4,5,6,7 C4 A2,7 C5 A2,3,4,5,6,7 C6 A2,3,4,5,6	C7 A2,3,4,5,7 C8 A8 C9 A2,3,4,5,6 C10 A1,2,3,4,5 C11 A2,3,5
	▪ media influence	C1 A3,4,6 C2 A2	C4 A2,4,5,6,7 C5 A1
	▪ decision-making/refusal skills	C1 A1,3,4,5,6 C2 A2,3,5,6,7 C3 A2,3,5,6,7 C4 A2,4,5,6,7 C5 A2,3,4,5,6,7	C6 A2,3,4,5,6 C7 A1,2,3,4,5,6,7 C8 A6,7,8 C9 A1,2,3,4,5,6 C10 A1,2,3,4,5,6
	▪ rules, regulations and laws	C1 A1,3,4,5,6 C2 A1, 2,3,5,6,7 C3 A2,3,6,7 C4 A1,7 C5 A1 C6 A1,2,3,4,5,6	C7 A1,2,3,4,5,7 C8 A1,9 C9 A1,5,6 C10 A1,3,4 C11 A1, 2
	▪ consequences	C1 A1,3,4,5,6 C2 A2,3,4,5,6,7 C3 A2,3,4,6,7 C4 A7 C5 A2,3,4,5,6 C6 A2,3,4,5,6	C7 A2,3,4,5,7 C8 A2,3,4,5,6,7,8,9 C9 A2,3,4,5,6 C10 A1,2,3,4,5,6 C11 A2,3,4,5
<b>E.</b>	Identify health problems that can occur throughout life and describe ways to prevent them		
	▪ diseases (cancer, diabetes, STD/HIV/AIDS, cardiovascular disease)	C1 A3,4,5,6 C2 A2,3,4,7 C3 A2,3,6 C4 A7	C8 A2,3,4,6 C9 A6 C10 A1,2,3,4 C11 A2
	▪ preventions (do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active)	C1 A3,4,5,6 C2 A2,3,4,7 C5 A2 C8 A2,3,4,5,6,7,9	C9 A5,6 C10 A1,2,3,4 C11 A2,3

<b>10.2 Healthful Living 10.2.6 - Grade 6</b>		<b>Project ALERT Lesson/Activities</b> C= Core Lesson, B= Booster Lesson, A= Lesson Activity	
<b>A.</b>	Explain the relationship between personal health practices and individual well-being		
	▪ immunizations	-	
	▪ health examinations	-	
<b>B.</b>	Explain the relationship between health-related information and consumer choices		
	▪ dietary guidelines/food selection	-	
	▪ sun exposure guidelines/sunscreen selection	-	
<b>C.</b>	Explain the media's effect on health and safety issues	C1 A3,4,6 C2 A2	C4 A2,4,5,6,7 C5 A1
<b>D.</b>	Describe and apply the steps of a decision-making process to health and safety issues	C1 A1,3,4,5,6 C2 A2,3,5,6,7 C3 A2,3,5,6,7 C4 A2,4,5,6,7 C5 A2,3,4,5,6,7	C6 A2,3,4,5,6 C7 A1,2,3,4,5,6,7 C8 A4,5,6,7,8 C9 A1,2,3,4,5,6 C10 A1,2,3,4,5,6
<b>E.</b>	Analyze environmental factors that impact health		
	▪ indoor air quality (second-hand smoke, allergens)	C2 A2 C4 A7	C8 A2,3,4,5,6,7,9 C11 A2
	▪ chemicals, metals, gases (lead, radon, carbon monoxide)	-	
	▪ radiation	-	
	▪ natural disasters	-	