

Curriculum Alignment State of Washington Essential Academic Learning Requirements Health and Fitness

Project ALERT is a nationally recognized substance use prevention curriculum for middle grades. It is usually taught in grades 7 and 8 but sometimes in grades 6 and 7. It consists of eleven lessons in the first (core) year, followed by three lessons in the second (booster) year. Each lesson is comprised of several activities.

Project ALERT has been aligned with the National Health Education Standards, which serves as the basis for health education in many school districts and private schools. Thus, the curriculum is entrenched in many districts because of its congruence with the national standards. The Introduction to Health and Fitness contained in the Washington Essential Academic Learning Requirements states:

An understanding of good health and fitness concepts and practices is essential for students. Businesses have already begun to realize the extent to which poor health can undermine an employee's effectiveness and ability to succeed. The same is true of students. Teaching our students good health and safety principles can lead to a life of healthy practices, resulting in more productive, active, and successful lives. The Essential Academic Learning Requirements for Health and Fitness establish the concepts and skills necessary for safe and healthy living, and in turn, for successful learning.

Project ALERT is a curriculum that is useful in assisting schools, teachers, and students reach the ideals embodied in the Introduction. The following is an attempt to clarify the relationship between the benchmarks embedded in the Essential Academic Learning Requirements for Health and Fitness for grade 8 and Project ALERT. Each activity in the curriculum was scrutinized to determine if it does one of the following:

1. provides instruction leading to the development of skills and/or knowledge contained in one or more of the benchmarks; and/or,
2. allows the student to directly perform the skills or demonstrate the knowledge spelled out in the corresponding benchmark.

To that end, the Washington Essential Academic Learning Requirement for Health and Fitness and their respective indicators are listed with each Project ALERT activity that meets one or both of the criteria listed above.

The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

2.3 Acquire skills to live safely and reduce health risks

Benchmark 2 – Grade 8 (2.3)	Project ALERT Lesson/Activities C= Core Lesson, HW = Homework Assignment B= Booster Lesson, A= Lesson Activity	
Explain the adverse physical, emotional, and economic consequences of being sexually active	-	
Anticipate abuse and risky situations and demonstrate safe behavior to minimize risk and prevent injury to self and others at home, school, and in the community	-	
Recognize emergency situations and respond appropriately and safely	-	
Demonstrate skills that help self and others in emergency or crisis	-	
Identify ways to use stress positively and develop short-term strategies to reduce harmful stress	C3, A4,5 (HW) C6, A3-6(HW)	C9, A2-4 B2, A2-8
Anticipate situations that involve pressure to abuse legal or use illegal drugs and plan how to reduce drug risks	C1, A3-5 C3, A2,4-6 (HW) C4, A2 C5, A2-7 (HW) C6, A2-6 (HW)	C7, A2-6 C9, A2-4 B1, A4,5 B2, A2-8 (HW) B3, A2,3,5

The student analyzes and evaluates the impact of real-life influences on health.

To meet the standard, the student will:

3.2 Gather and analyze health information

Benchmark 2 – Grade 8 (3.2)	Project ALERT Lesson/Activities C= Core Lesson, HW = Homework Assignment B= Booster Lesson, A= Lesson Activity	
Distinguish between safe and unsafe use of health-care products	-	
Identify ways people encourage health and unhealthy decisions, plan how to resist unhealthy messages, and create healthy messages	C3, A4,5,7(HW) C4, A4-7(HW) C5, A1-7(HW) C6, A3-6(HW) C7, A2-6 C8, A2,8	C9, A2-4 C10, A4,5 C11, A3,4 B1, A4,5 B2, A2-8 (HW) B3, A3,5
Analyze health care needs and identify sources of health care	-	

3.3 Use social skills to promote health and safety in a variety of situations

Benchmark 2 – Grade 8 (3.3)	Project ALERT Lesson/Activities C= Core Lesson, HW = Homework Assignment B= Booster Lesson, A= Lesson Activity	
Express opinions and resolve conflicts constructively while maintaining safe and respectful relationships	C9, A6 B3, A3	-
Identify effective social skills to avoid risky situations	C5, A2-7(HW) C6, A2 C7, A2-6 C9, A3,4	C11, A3 B1, A5 B2, A2-5 B3, A3,5