

Merrimack School District  
Essential Learning Competencies

School	Merrimack Middle School
Discipline	Health
Course Title	Health

Quarter 1

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
<p>1. Students will comprehend concepts, access valid and reliable resources and demonstrate the ability to practice health-enhancing behaviors and to advocate for personal, family and community health for stress management/mental health and suicide prevention.</p> <p>2. Students will describe situations that may require professional health services for stress management/mental health and suicide prevention and how to make safe, healthy choices and identify coping strategies.</p>	<p><b>Health Ed Standard 1-</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health. <a href="https://www.cdc.gov/healthyschools/sher/standards/1.htm">https://www.cdc.gov/healthyschools/sher/standards/1.htm</a></p> <p><b>Health Ed Standard 3-</b> Students will demonstrate the ability to access valid information and products and services to enhance health. <a href="https://www.cdc.gov/healthyschools/sher/standards/3.htm">https://www.cdc.gov/healthyschools/sher/standards/3.htm</a></p> <p><b>Health Ed Standard 4-</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. <a href="https://www.cdc.gov/healthyschools/sher/standards/4.htm">https://www.cdc.gov/healthyschools/sher/standards/4.htm</a></p> <p><b>Health Ed Standard 5-</b> Students will demonstrate the ability to use decision-making skills to enhance health. <a href="https://www.cdc.gov/healthyschools/sher/standards/5.htm">https://www.cdc.gov/healthyschools/sher/standards/5.htm</a></p> <p><b>Health Ed Standard 7-</b> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. <a href="https://www.cdc.gov/healthyschools/sher/standards/7.htm">https://www.cdc.gov/healthyschools/sher/standards/7.htm</a></p> <p><b>Health Ed Standard 8-</b> Students will demonstrate the ability to advocate for personal, family, and community health. <a href="https://www.cdc.gov/healthyschools/sher/standards/8.htm">https://www.cdc.gov/healthyschools/sher/standards/8.htm</a></p>	<p>Interactive/small group activities</p> <p>research check-ins</p> <p>verbal/written role play</p> <p>Self-assessments/reflections</p>	<p>Projects</p> <p>Quizzes</p> <p>Tests</p>
<p>3. Students will apply verbal and nonverbal communication skills to negotiate,</p>	<p><b>Health Standard 2-</b> Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors. <a href="https://www.cdc.gov/healthyschools/sher/standards/2.htm">https://www.cdc.gov/healthyschools/sher/standards/2.htm</a></p>	<p>Interactive/small group activities</p> <p>research check-ins</p>	<p>Projects</p> <p>Quizzes</p>

<p>avoid, or reduce health risks using resolution strategies involving substances.</p> <p>4. Students will identify circumstances that help or hinder healthy decision making and distinguish between healthy and unhealthy alternatives of substance use/abuse.</p> <p>5. Students will predict the potential short-term impact of substance use/abuse on self and others and analyze the outcomes of a health-related decision of substance use/abuse.</p>	<p><b>Health Standard 4-</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  <a href="https://www.cdc.gov/healthyschools/sher/standards/4.htm">https://www.cdc.gov/healthyschools/sher/standards/4.htm</a></p> <p><b>Health Standard 5-</b> Students will demonstrate the ability to use decision-making skills to enhance health.  <a href="https://www.cdc.gov/healthyschools/sher/standards/5.htm">https://www.cdc.gov/healthyschools/sher/standards/5.htm</a></p>	<p>verbal/written role play</p> <p>Self-assessment/reflections</p>	<p>Tests</p>
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Quarter 2

<p>Essential Learning Competencies</p>	<p>Links to the Rubrics/Standards/Competency</p>	<p>Formative Assessments</p>	<p>Summative Assessments</p>
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Quarter 3

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
1.			
2.			
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6.			

Quarter 4

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
1.			
2.			
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