

Scope and Sequence: Exercise Your Options

Each of the core Exercise Your Options lessons are aligned to California and National Education Standards (Middle School: Grades 6-8).

NATIONAL EDUCATION STANDARDS (MIDDLE SCHOOL: GRADES 6-8)		Pre-Assess: Options, Choices, Decisions	Lesson 1 (Part 1): Food Group Experts	Lesson 1 (Part 2): Food Group Experts	Lesson 2: Lunch at the Mall...	Lesson 3: What's For Breakfast	Lesson 4: Food Records	Lesson 5: Get Moving!	Lesson 6: Roadblock Busters	Post-Asses A Brand New Day
NATIONAL STANDARDS FOR THE ENGLISH LANGUAGE ARTS										
Standard 5	Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.	•							•	•
Standard 12	Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).	•	•	•	•	•	•	•	•	•
CURRICULUM STANDARDS FOR SOCIAL STUDIES										
Standard IV: Individual Development & Identity	f. identify and describe the influence of perception, attitudes, values, and beliefs on personal identity. h. work independently and cooperatively to accomplish goals.	•	•	•	•	•	•	•	•	•
TECHNOLOGY FOUNDATION STANDARDS										
Standard 1: Basic Operations and Concepts	• Students demonstrate a sound understanding of the nature and operation of technology systems. • Students are proficient in the use of technology.	•	•	•	•	•	•	•	•	•
Standard 2: Social, Ethical, & Human Issues	• Students practice responsible use of technology systems, information, and software. • Students develop positive attitudes toward technology uses that support lifelong learning, collaboration, personal pursuits, and productivity.	•	•	•	•	•	•	•	•	•
Standard 5: Technology Research Tools	• Students use technology to locate, evaluate, and collect information from a variety of sources. (Via the CD-ROM links.)	•	•	•	•	•	•	•	•	•

National Education Standards

- *National Health Education Standards: PreK-12, American Cancer Society. December 2005-August 2006.*
- *Moving into the Future: National Standards for Physical Education, National Association for Sport and Physical Education, 2004.*
- *Principles and Standards for School Mathematics, National Council of Teachers of Mathematics, 2000.*
- *National Science Education Standards, National Academy of Sciences, 1996.*
- *Standards for the English Language Arts, International Reading Association and the National Council of Teachers of English, 1996.*
- *Curriculum Standards for Social Studies, National Council for the Social Studies, 1994.*
- *National Technology Foundation Standards for All Students, International Society of Technology in Education, 1998.*