

American Heart Association Schoolsite Programs and the Virginia Standards of Learning

Section #3: HeartPower! Level 6-8 Kit

Unfortunately for our children, heart disease is often thought of as an elderly disease, but in fact the beginning stages of heart disease occur at a very young age. Lifestyle behaviors and habits are often established early and continue throughout adulthood. This is why it is important to reach our community's youth early, and you can help the American Heart Association accomplish this goal.

This guide correlates specific lesson requirements from the 1995-2001 Virginia Standards of Learning with lesson plans found in the American Heart Association Schoolsite Programs. These programs help you motivate children to learn, live and love the behaviors that contribute to a healthier heart today and for a lifetime.

The American Heart Association would like to share a sincere word of thanks to the following volunteers for evaluating these materials in light of the 1995-2001 Virginia Standards of Learning:

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HeartPower! Level 6-8 Kit and the Virginia Standards of Learning

Investigations that integrate with selections in the HeartPower! Reader, "The Smoking Yokodokas," and with the posters and other components in the kit.

Healthy Heart Workshop

Investigation 1: "Heart"

6-8 Teacher Resource Book, Page #34

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.6, 7.1, 7.6, 8.2

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3

2001 Virginia Health S.O.L.s: 6.2, 6.5, 6.6, 7.1

Investigation 2: "How does the heart work?"

6-8 Teacher Resource Book, Page #35

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.7, 6.8, 6.9, 7.1, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.2, 6.5, 6.6, 7.1, 7.2, 8.1, 8.2, 8.5

Investigation 3: "What increases the risk of cardiovascular disease?"

6-8 Teacher Resource Book, Page #37

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.9, 7.1, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.4, 6.6, 6.7, 7.1, 7.2, 7.3, 7.4, 8.1, 8.2, 8.5

2001 Virginia PE S.O.L.s: 8.6

Investigation 4: "What are heart emergencies?"

6-8 Teacher Resource Book, Page #34

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 6.8, 6.9, 7.1, 7.8, 7.10, 8.5

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.4, 6.5, 6.7, 7.1, 7.4, 7.5, 8.5

Healthful Choices Workshop

Investigation 1: “More or Less”

6-8 Teacher Resource Book, Page #41

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.6, 7.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 7.1, 7.2, 7.3, 7.4, 8.1, 8.2, 8.3

Investigation 2: “Why is it important to choose foods carefully?”

6-8 Teacher Resource Book, Page #34

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.9, 7.1, 7.6, 7.10, 8.4

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 6.6, 7.1, 7.2, 7.3, 7.5, 8.2, 8.3, 8.4, 8.5

2001 Virginia PE S.O.L.s: 8.6

Investigation 3: “Why is a low-fat diet a more healthful diet?”

6-8 Teacher Resource Book, Page #45

1995 Virginia English S.O.L.S: 6.5, 7.6, 8.4

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

1995 Virginia Mathematics S.O.L.S: 6.6, 7.6, 8.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.4, 6.6, 7.1, 7.2, 7.3, 7.4, 8.1, 8.2, 8.3, 8.4

2001 Virginia PE S.O.L.s: 8.6

Investigation 4: “What or who influences your food choices?”

6-8 Teacher Resource Book, Page #47

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.9, 7.1, 7.6, 7.10, 8.4

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.2, 6.5, 6.6, 7.1, 7.2, 8.1, 8.2, 8.5

Physical Activity Workshop

Investigation 1: “Going-to-School Olympics”

6-8 Teacher Resource Book, Page #50

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.6, 7.1, 7.6, 8.4

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.1, 6.6, 6.7, 7.2, 7.3, 7.4, 7.5, 8.1, 8.2, 8.5

Investigation 2: “How does physical activity help you?”

6-8 Teacher Resource Book, Page #51

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.7, 6.8, 6.9, 7.1, 7.3, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.2, 7.2

2001 Virginia PE S.O.L.s: 6.3, 7.3

Investigation 3: “How do you choose a physical activity?”

6-8 Teacher Resource Book, Page #53

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.7, 6.8, 6.9, 7.1, 7.3, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.1, 6.3, 6.4, 6.6, 6.7, 7.1, 7.2, 7.4, 8.2, 8.5

2001 Virginia PE S.O.L.s: 6.3, 6.5, 7.5, 8.4, 8.6

Investigation 4: “How can you improve your physical fitness?”

6-8 Teacher Resource Book, Page #55

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 7.1, 7.3, 7.8, 8.1, 8.5, and 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.2, 6.4, 6.6, 7.2, 7.4, 8.2, 8.3, 8.5

2001 Virginia PE S.O.L.s: 6.3, 6.5, 7.5, 8.5, 8.6

Tobacco-Free Workshop

Investigation 1: “The Smoking Yokadokas”

6-8 Teacher Resource Book, Page #58

1995 Virginia English S.O.L.S: 6.6, 6.7, 6.8, 6.9, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5

1995 Virginia Science S.O.L.S: 6.2, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 7.2, 7.4, 8.1, 8.4

2001 Virginia PE S.O.L.s: 8.4, 8.6

Investigation 2: What's wrong with smoking?

6-8 Teacher Resource Book, Page #59

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.7, 6.8, 6.9, 7.1, 7.6, 7.8, 7.10, 8.4, 8.5

1995 Virginia Science S.O.L.S: 6.2, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.4, 6.6, 7.1, 7.2, 7.3, 7.4, 8.1, 8.2, 8.4

2001 Virginia PE S.O.L.s: 8.4, 8.6

Investigation 3: “How can you help others stay tobacco-free?”

6-8 Teacher Resource Book, Page #61

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.7, 6.8, 6.9, 7.1, 7.3, 7.6, 7.8, 7.9, 7.10, 8.4, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.1, 6.4, 6.6, 6.7, 7.1, 7.3, 7.4, 7.5, 8.1, 8.2, 8.4

2001 Virginia PE S.O.L.s: 8.4, 8.6

Investigation 4: “Why is secondhand smoke dangerous?”

6-8 Teacher Resource Book, Page #63

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.6, 6.9, 7.1, 7.6, 7.10, 8.1, 8.4

1995 Virginia Science S.O.L.S: 6.2, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 7.2, 7.3, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5

2001 Virginia PE S.O.L.s: 8.4, 8.6

HEARTPOWER! 6-8 HEART STARTERS

- **“Heart Smarts”**

6-8 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 6.9, 7.1, 7.10, 8.5

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.2

2001 Virginia PE S.O.L.s: 7.3, 8.4

- **“Design a Poster”**

6-8 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.S: 6.1, 6.7, 6.8, 6.9, 7.1, 7.3, 7.8, 7.10, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 6.6, 7.1, 7.2, 7.3, 7.5, 8.2, 8.4

- **“A Pulsating Experience”**

6-8 Teacher Resource Book, Page #19

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

1995 Virginia Mathematics S.O.L.S: 6.6, 7.6, 8.4

2001 Virginia Health S.O.L.s: 6.2, 7.2, 8.3

- **“A Minute for a Healthy Heart”**

6-8 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 6.8, 6.9, 7.1, 7.3, 7.8, 7.9, 7.10, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.2, 6.4, 6.6, 6.7, 7.1, 7.3, 7.5, 8.1, 8.3, 8.4, 8.5

- **“Experimenting with Heart Rate”**

6-8 Teacher Resource Book, Page #20

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

1995 Virginia Mathematics S.O.L.S: 6.6, 6.18, 7.6, 7.16, 8.4, 8.13

2001 Virginia Health S.O.L.s: 6.1, 6.2, 7.2

- **“A Heart-y Poem”**

6-8 Teacher Resource Book, Page #20

1995 Virginia English S.O.L.S: 6.1, 6.6, 6.7, 7.8, 8.5

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 7.2, 7.3, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5

2001 Virginia PE S.O.L.s: 8.4, 8.6

- **“Clogged Plumbing”**

6-8 Teacher Resource Book, Page #21

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 6.6, 7.1, 7.2, 7.4, 8.1, 8.2

- **“Healthy Eating Quiz”**

6-8 Teacher Resource Book, Page #22

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1, 8.1

1995 Virginia Science S.O.L.S: 6.2, LS.

2001 Virginia Health S.O.L.s: 6.2, 6.3, 6.6, 7.1, 7.2, 7.3, 8.1, 8.2, 8.3

2001 Virginia PE S.O.L.s: 7.3, 8.4, 8.6

- **“Healthy Snacks”**

6-8 Teacher Resource Book, Page #22

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 6.8, 7.1, 7.3, 7.8, 7.9, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.2, LS.4

2001 Virginia Health S.O.L.s: 6.6, 7.3, 8.4

2001 Virginia PE S.O.L.s: 7.3, 8.4, 8.6

- **“Build your Own Pyramid”**

6-8 Teacher Resource Book, Page #23

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.2, 7.2, 8.3

2001 Virginia PE S.O.L.s: 8.6

- **“Ads Pyramid”**

6-8 Teacher Resource Book, Page #23

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 7.1, 7.3, 7.6, 8.4, 8.6

2001 Virginia Health S.O.L.s: 6.6, 7.3, 8.4

- **“Become a Fat Detective”**

6-8 Teacher Resource Book, Page #24

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.5, 6.9, 7.1, 7.6, 7.10, 8.4, 8.6

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.4

2001 Virginia Health S.O.L.s: 6.4, 6.6, 7.2, 7.3, 7.4, 8.1, 8.2

2001 Virginia PE S.O.L.s: 8.6

- **“Looking at Food Claims**
6-8 Teacher Resource Book, Page #24

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1, 7.3, 8.6

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.4

2001 Virginia Health S.O.L.s: 6.6, 7.3, 8.4

2001 Virginia PE S.O.L.s: 8.6

- **“Poll of Favorites”**
6-8 Teacher Resource Book, Page #25

1995 Virginia English S.O.L.S: 6.9, 7.10, 8.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.4

1995 Virginia Mathematics S.O.L.S: 6.18, 7.16, 8.13

2001 Virginia PE S.O.L.s: 6.3.8.6

- **“Fats and Labels”**
6-8 Teacher Resource Book, Page #25

1995 Virginia English S.O.L.S: 6.1, 7.1

1995 Virginia Science S.O.L.S: 6.2, 6.8, LS.4

1995 Virginia Mathematics S.O.L.S: 6.6, 7.6, 8.4

2001 Virginia Health S.O.L.s: 6.6, 7.3, 8.4

2001 Virginia PE S.O.L.s: 8.6

- **“Aerobic or Anaerobic?”**
6-8 Teacher Resource Book, Page #18

1995 Virginia English S.O.L.S: 6.1, 7.1

1995 Virginia Science S.O.L.S: 6.2

2001 Virginia Health S.O.L.s: 6.2, 7.2

2001 Virginia PE S.O.L.s: 6.3, 6.5, 7.5, 8.6

- **“Activity Log”**
6-8 Teacher Resource Book, Page #26

1995 Virginia Science S.O.L.S: 6.2

2001 Virginia Health S.O.L.s: 6.6, 7.2, 8.2

2001 Virginia PE S.O.L.s: 8.6

- **“Getting Started”**

6-8 Teacher Resource Book, Page #27

1995 Virginia English S.O.L.S: 6.1, 7.1

1995 Virginia Science S.O.L.S: 6.2, LS.3

2001 Virginia Health S.O.L.s: 6.5, 7.1, 7.2, 8.2

2001 Virginia PE S.O.L.s: 6.3, 7.3, 8.6

- **“Are you Active?”**

6-8 Teacher Resource Book, Page #28

1995 Virginia English S.O.L.S: 6.7, 8.1

2001 Virginia Health S.O.L.s: 6.1, 6.2, 6.3, 6.4, 7.2, 7.3, 7.4, 7.5, 8.1, 8.2, 8.4, 8.5

2001 Virginia PE S.O.L.s: 8.6

- **“Two or More”**

6-8 Teacher Resource Book, Page #28

1995 Virginia English S.O.L.S: 6.1, 6.7, 6.8, 7.1, 7.6, 7.8, 7.9, 8.5

2001 Virginia Health S.O.L.s: 6.6, 7.3, 7.4, 7.5, 8.2

- **“Physical Activity Quiz”**

6-8 Teacher Resource Book, Page #28

1995 Virginia English S.O.L.S: 6.7, 6.8, 7.8, 8.5

2001 Virginia PE S.O.L.s: 6.3

- **“Terrific Ten”**

6-8 Teacher Resource Book, Page #29

1995 Virginia English S.O.L.S: 6.7, 7.1, 7.8, 8.5

1995 Virginia Science S.O.L.S: LS.3

2001 Virginia PE S.O.L.s: 7.3

- **“How to Say “No”**

6-8 Teacher Resource Book, Page #30

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.8, 7.1, 7.8, 7.9, 8.5

2001 Virginia Health S.O.L.s: 6.1, 6.4, 8.2

2001 Virginia PE S.O.L.s: 8.6

- **“Word Associations”**

6-8 Teacher Resource Book, Page #30

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 7.1, 8.5

2001 Virginia PE S.O.L.s: 8.6

- **“Plan a Poster Campaign”**

6-8 Teacher Resource Book, Page #31

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 6.8, 7.1, 7.3, 7.8, 8.5, 8.6

1995 Virginia Science S.O.L.S: 6.8, LS.3, LS.4

2001 Virginia Health S.O.L.s: 6.1, 6.2, 7.1, 7.3, 7.5, 8.1, 8.5

2001 Virginia PE S.O.L.s: 8.6

- **“Design a T-Shirt”**

6-8 Teacher Resource Book, Page #31

1995 Virginia English S.O.L.S: 6.1, 6.2, 6.7, 7.1, 7.8, 8.5, 8.6

- **“A Personal Contract”**

6-8 Teacher Resource Book, Page #32

1995 Virginia English S.O.L.S: 6.1, 6.2, 7.1

2001 Virginia Health S.O.L.s: 6.4

2001 Virginia PE S.O.L.s: 8.6

- **“Appealing Ads”**

6-8 Teacher Resource Book, Page #32

1995 Virginia English S.O.L.S: 7.3, 8.4, 8.6

2001 Virginia Health S.O.L.s: 6.6, 7.3, 8.4