

# SLEEP WELL



## American Academy of Sleep Medicine Sleep Well

### Grades 9-12 English Language Arts Common Core State Standards\* and National Health Education Standards\*\*

ENGLISH LANGUAGE ARTS STANDARDS*			
GRADES 9 & 10	Activity 1	Activity 2	Activity 3
<b>WRITING</b>			
<b>Production and Distribution of Writing:</b> 4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	√	√	√
<b>SPEAKING AND LISTENING</b>			
<b>Comprehension and Collaboration:</b> 1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	√	√	√
<b>LANGUAGE</b>			
<b>Conventions of Standard English:</b> 1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. 2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	√ √	√ √	√ √
<b>Knowledge of Language:</b> 3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	√	√	√

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\*\* Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

GRADES 9 & 10 (continued)	Activity 1	Activity 2	Activity 3
<p><b>Vocabulary Acquisition and Use:</b></p> <p><b>4.</b> Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9-10 reading and content, choosing flexibly from a range of strategies.</p> <p><b>5.</b> Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.</p> <p><b>6.</b> Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	<p>√</p> <p>√</p> <p>√</p>	<p>√</p> <p>√</p> <p>√</p>	<p>√</p> <p>√</p> <p>√</p>
<b>SCIENCE AND TECHNICAL SUBJECTS</b>			
<p><b>Craft and Structure</b></p> <p><b>4.</b> Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 9-10 texts and topics.</p>	<p>√</p>	<p>√</p>	<p>√</p>

**ENGLISH LANGUAGE ARTS STANDARDS\***

<b>GRADES 11 &amp; 12</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>
<b>WRITING</b>			
<b>Production and Distribution of Writing:</b> 4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.	√	√	√
<b>SPEAKING AND LISTENING</b>			
<b>Comprehension and Collaboration:</b> 1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 11-12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	√	√	√
<b>LANGUAGE</b>			
<b>Conventions of Standard English:</b> 1. Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. 2. Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	√ √	√ √	√ √
<b>Knowledge of Language:</b> 3. Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.	√	√	√
<b>Vocabulary Acquisition and Use:</b> 4. Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 11-12 reading and content, choosing flexibly from a range of strategies. 5. Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. 6. Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.	√ √ √	√ √ √	√ √ √
<b>SCIENCE AND TECHNICAL SUBJECTS</b>			
<b>Craft and Structure:</b> 4. Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11-12 texts and topics.	√	√	√

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**NATIONAL HEALTH EDUCATION STANDARDS\*\***

<b>Grades 9-12</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>			
1.12.3 Analyze how environment and personal health are interrelated.	√	√	√
1.12.5 Propose ways to reduce or prevent injuries and health problems.		√	√
<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>			
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	√	√	√
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>			
5.12.7 Evaluate the effectiveness of health-related decisions.	√	√	√
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>			
6.12.1 Assess personal health practices and overall health status.	√	√	√
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.		√	√
6.12.3 Implement strategies and monitor progress in achieving a personal health goal.		√	√
<b>Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>			
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	√	√	√
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	√	√	√
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</b>			
8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.		√	√
8.12.2 Demonstrate how to influence and support others to make positive health choices.		√	√

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