I have been teaching science for 23 years. I have grown quite accustomed to the national standards, project 2061 science for Americans, and the Maine Learning Results. In my experience the MLR are far superior to the NGSS for everyday use with students. The NGSS are written for established scientists, but not for the children that I teach. I can not recommend them.

Here is another critique of the NGSS:

Nine scientists and mathematicians reviewed the content, rigor, and clarity of the NGSS for the Thomas B. Fordham Institute. They gave NGSS an overall grade of “C,” listing the following major problems with the science standards:

1. The NGSS “never explicitly require some content in early grades that is then assumed in subsequent standards.”
2. The standards attempt “to put a ceiling on the content and skills that will be measured at each grade,” [which] may limit what is taught by the exclusion of content that more advanced students can learn.
3. The standards fail “to include essential math content that is critical to science learning.” Particularly in physics and chemistry, “the standards seem to assiduously dodge the mathematical demands inherent in the subjects covered.”
4. The “confusing presentation of the standards, combined with vague and poorly worded expectations, earns the NGSS a 1.5 out of 3 for clarity and specificity.”

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"A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe."