Sixth Grade Health - 2014 - Year at a Glance

Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one's self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
GBS (4) – Keep This Body Safe	GBS (1) Allergies and Asthma	GBS (5) What is Stress	GBS (7) Addictions
L1. Keep this body safe	L1. About Allergies and Asthma	L1. Stress and Your Body	L1. What is Addiction
L2. Bullying	L2. Feeling Good about You	L2. Recognizing the Causes of Stress	L2. The Pressures Around Us
L3. Getting help	L3. Risks to Your Health and Safety	in Your Life	L3. Getting Help
L4. Sexual harassment and abuse	L4. First Aid for Allergies and	L3. Coping with Stress	L4. Feeling Good about Me
	Asthma	L4. Communities in Stress	
			GBS (8) HIV/AIDS: What You Need
GBS (9) A Healthy Environment	GBS (2) Cells	GBS (6) The Reproductive System	to Know Now
L1. Environment Counts	L1. The Cells in Your Body	L1. Growing Up Physically	L1. Transmission
L2. Problems with Pollution and	L2. How Cells Grow, Reproduce,	L2. From Fertilization to Birth	L2. The Immune System
Solutions	and Work Together	L3. Emotional Maturity	L3. Prevention
L3. Emotional Environment for	L3. You and Your Genes	L4. Relationships	L4. Helping Hands in the
Healthy Growth	L4. Sick Cells		Community
L4. Community Resources			
	GBS (3) Eat Right, Feel Great		
Common Sense Media	L1. Dietary Guidelines and the Life		
Cyberbullying: Crossing the Line –	Cycle		
Scams and Schemes	L2. Consumer Skills and Meal		
	Planning		
Cyberbullying Crossing the Line -	L3. Eating Disorders		
<u>Video</u>	L4. Food Handling		