

**6<sup>th</sup> Grade Health Education  
Friends Academy  
2019-2020**

Mrs. Botti  
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**“When you have your health, you have just about everything.”**

The 6<sup>th</sup> grade health course is a year-long class that examines many facets of health and wellness. Through the development of essential skills (decision making, goal setting, communication, advocacy, accessing valid information and analyzing influences) students will learn how to maintain and enhance their personal health. Our curriculum is centered around the various domains of wellness and integrates competencies of social and emotional learning. In addition the following topics will be covered personal health and safety, healthy relationships, digital citizenship, violence prevention/bullying, drug abuse/misuse, and family health/sexual and mindful practices.

**Curriculum**

Health Smart

**Supplies**

- Folder
- Notebook
- Pen/pencil
- Chromebook

**This course is pass/fail. Grading is based on:**

- Projects
- Homework
- Class participation

*In keeping with the academic honesty policy, the work that any student brings to class should be his or her own, irrespective of whether it is being collected or graded.*