



# Carlstadt Public School District Curriculum Guide

Health Grade 6 - 40 minutes/week - full year

## Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Functions of the Body/Injury Prevention and Personal Safety	4 weeks	Allergies and asthma; empathy for allergies of others; First Aid skills for allergic reactions and asthma; impact of drugs on the body	2.1.8.CHSS.7; 2.1.8.PGD.1; 2.1.8.SSH.2; 2.2.8.LF.2; 2.2.8.PF.1; 2.2.8.PF.4; 2.2.8.PF.5; 2.3.8.ATD.4
Functions of the Body/Disease and Illness Prevention (including HIV)	4 weeks	Cell function and operation; cell chemistry; immune systems and transmission of disease; cancer and other diseases; communicable and noncommunicable diseases; respect for body systems; responsible behavior; abnormal cells; promoting healthy cell growth; impact of drugs on the body	2.1.8.PGD.1; 2.3.8.ATD.3; 2.3.8.HCDM.2
Nutrition	4 weeks	Nutritional needs and the cycle of life; meal planning; food handling; shopping methods; storage and distribution of food products; setting personal nutritional goals; community nutrition efforts; reading food labels; comparing unit prices; healthy unhealthy reasons for eating; eating disorders; dietary guidelines; analyzing dietary influences;	2.2.8.N.1; 2.2.8.N.2; 2.2.8.N.3; 2.2.8.N.4; 2.3.8.HCDM.1
Injury Prevention and Personal Safety	4 weeks	Safety hazards and routines; abdominal thrusts and other emergency skills; gang pressures; Internet safety; predicting consequences of violence; sexual harassment and abuse; respect for self and others; resources for getting help	2.1.8.CHSS.1; 2.1.8.CHSS.4; 2.1.8.CHSS.8; 2.1.8.PGD.4; 2.1.8.SSH.2; 2.1.8.SSH.3; 2.1.8.SSH.6; 2.1.8.SSH.8 2.2.8.MSC.7 2.3.8.ATD.2; 2.3.8.ATD.5;



# Carlstadt Public School District Curriculum Guide

## Health Grade 6 - 40 minutes/week - full year

			2.3.8.PS.1; 2.3.8.PS.2; 2.3.8.PS.3; 2.3.8.PS.6; 2.3.8.PS.7
Self - worth, Mental and Emotional Health	4 weeks	Stress response; social emotional learning skills; positive and negative ways to cope; serving others; communities in stress; violent reactions to stress and anger; setting goals to lower community stress; predicting consequences of various stresses on the community	2.1.8.CHSS.4; 2.1.8.CHSS.6; 2.1.8.CHSS.7; 2.1.8.EH.1
Growth and Development /The Cycle of Family Life	4 weeks	Reproductive system; growing up; puberty; stages of growth from fertilization to birth; defining emotional maturity; consequences of sexual activity; practicing refusal skills; setting personal and family goals; relationships, responsible behaviors, abstinence; self - management; social awareness; self - awareness; sexting	2.1.8.CHSS.6; 2.1.8.CHSS.7; 2.1.8.CHSS.8 2.1.8.EH.1; 2.1.8.PGD.1; 2.1.8.PGD.3; 2.1.8.PGD.4; 2.1.8.PP.1; 2.1.8.PP.2; 2.1.8.PP.4; 2.1.8.SSH.3; 2.1.8.SSH.4; 2.1.8.SSH.5; 2.1.8.SSH.7; 2.1.8.SSH.8; 2.1.8.SSH.9; 2.1.8.SSH.11; 2.3.8.ATD.5; 2.3.8.HCDM.7
Substance Abuse Prevention	4 weeks	Identifying types of pressure during adolescence; using strong values to resist social pressure; school and community help resources; alcohol and drug addiction; importance of self - worth; communication and refusal skills; medical problems and prescription drug risk; protective factors; legal and illegal drugs; developmental assets; HIV and drug use; steroids	2.1.8.CHSS.1; 2.1.8.CHSS.2; 2.1.8.CHSS.3 2.1.8.PGD.1; 2.1.8.PP.5; 2.1.8.SSH.3; 2.1.8.SSH.4; 2.1.8.SSH.6; 2.1.8.SSH.7 2.3.8.ATD.1; 2.3.8.ATD.3; 2.3.8.ATD.4; 2.3.8.ATD.5; 2.3.8.DSDT.1; 2.3.8.DSDT.2; 2.3.8.DSDT.3; 2.3.8.DSDT.4; 2.3.8.DSDT.5 2.3.8.PS.6; 2.3.8.PS.7
Disease and Illness Prevention (including HIV)	4 weeks	Defining viruses and HIV; communicable and noncommunicable diseases; helping the sick; illness prevention routines; communication and refusal skills; HIV and IV drug use; responsible behavior; help resources; abstinence;	2.1.8.PGD.4; 2.1.8.SSH.2; 2.1.8.SSH.8; 2.1.8.SSH.11; 2.3.8.HCDM.3; 2.3.8.HCDM.4; 2.3.8.HCDM.4; 2.3.8.HCDM.6



# Carlstadt Public School District Curriculum Guide

## Health Grade 6 - 40 minutes/week - full year

Environmental and Consumer Health	4 weeks	Types of pollution; safe and healthy environments; community resources; pollution clean up and prevention; environmental laws; community action; service to the community; accessing health services and products	2.1.8.CHSS.4; 2.1.8.CHSS.7; 2.1.8.CHSS.8 2.2.8.PF.2; 2.3.8.HCDM.1
Physical Fitness	4 weeks	Mental, emotional and physical benefits of exercise; components of physical fitness; sports injury prevention; steroids; protective equipment; rules in sports; environmental conditions; diet and exercise plan; types of physical activities; monitoring fitness/target heart rate; fitness pyramid; fitness principles	2.1.8.PGD.2; 2.1.8.PGD.4; 2.2.8.LF.1; 2.2.8.LF.2; 2.2.8.LF.3; 2.2.8.LF.4; 2.2.8.LF.4; 2.2.8.LF.5; 2.2.8.LF.6 2.2.8.MSC.1; 2.2.8.MSC.2; 2.2.8.MSC.3; 2.2.8.MSC.4; 2.2.8.MSC.5; 2.2.8.MSC.7; 2.2.8.N.2; 2.2.8.PF.1; 2.2.8.PF.4; 2.2.8.PF.5; 2.3.8.DSDT.1; 2.3.8.DSDT.2; 2.3.8.DSDT.3; 2.3.8.DSDT.5 2.3.8.HCDM.3 2.3.8.PS.1