

Department: Health

Course Title: 6th Grade Health

DESCRIPTION OF COURSE:

Sixth grade health explores a variety of health topics that provide students with a foundation of many of today's health concerns. The students will learn basic decision making strategies about problems and changes they encounter in the social, physical, and mental/emotional domains of health. Students will use group discussion, various multi-media sources, and reading/writing activities to enhance learning. Students will understand that choices they make will affect their overall growth in all domains of their development.

This course explores a variety of health topics such as:

- **D.A.R.E**
- **Your Health and Wellness**
- **Personal Health**
- **Safety and Environment**
- **Body Systems**

Students will demonstrate their progress in Health through problem-solving activities, tests and quizzes, decision-making activities, class projects, and reading/writing activities.

REQUIRED TOPICS OF STUDY

SUGGESTED INSTRUCTIONAL TIME

STANDARDS/ ASSESSMENT ANCHORS

- | | | |
|-----------------------------------|--------------------|-----------------------------|
| • D.A.R.E | 11 meetings | N/A |
| • Your Health and Wellness | 8 meetings | 10.2.6 A & D |
| • Personal Health | 3 meetings | 10.2.6 A, B, & D |
| • Safety and Environment | 5 meetings | 10.2.6 D |
| | | 10.3.6 A |
| • Body Systems | 3 meetings | 10.1.6 B |

RESOURCES:

- **Teen Health Course 1 Textbook (Glencoe) and all accompanying supplemental materials.**
- **Internet**
- **Multi-media sources**
- **Instructional Resources (ex. Books, Magazines, & Periodicals)**
- **Guest Speakers**