

## 6th Grade Health Articulated Units of Study

<b>Unit 1</b>  <b>Dimensions of Wellness &amp; Goal Setting</b>	<b>Intro day</b>	<b>6 Dimensions of Wellness</b>	<b>Dimensions of Wellness Application</b>	<b>Goal Setting Project</b>
	<ul style="list-style-type: none"> <li>● Classroom expectations (including attendance and grading)</li> </ul>	<ul style="list-style-type: none"> <li>● What is wellness</li> <li>● Review 5 dimension of wellness:               <ul style="list-style-type: none"> <li>○ Physical (including Endocrine System), Emotional, Environmental, Social, Spiritual, and Intellectual</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>● Make a personal health practice goal to adopt, maintain, or improve including strategies and skills needed to attain the goal.</li> <li>● SMART goal format</li> </ul>
<b>Unit 2</b>  <b>Erika's Lighthouse</b>	<b>Erika's Lighthouse</b>			
<b>Unit 3</b>  <b>Values/Morals Decision Making</b>	<b>Values/Morals</b>	<b>Decision Making</b>		<b>Turning Point</b> <i>(outside speaker)</i>
	<ul style="list-style-type: none"> <li>● Analyze how the family influences the health of adolescents.</li> <li>● Examine the influence of personal values and beliefs on individual health</li> </ul>	<ul style="list-style-type: none"> <li>● Determine how peers influence healthy and unhealthy behaviors.</li> <li>● Evaluate the perceptions of norms influence on healthy and unhealthy behaviors.</li> <li>● Evaluate the influence of personal values and beliefs on individual health practices and behaviors.</li> <li>● Predict how health risk behaviors can influence the likelihood of engaging in</li> </ul>		<ul style="list-style-type: none"> <li>● Defining healthy and unhealthy relationships</li> <li>● Positive self-esteem</li> <li>● Dating violence and Teen safety planning tips</li> <li>● Cyber bullying "Red flags" and warning signs in relationships</li> </ul>

	practices and behaviors.	unhealthy behaviors.		
<b>Unit 4</b>  <b>Advocacy, reliable health websites &amp; Accessing local resources</b>	<b>Reliable Health Websites</b>	<b>Accessing Local Resources</b>	<b>Advocacy</b>	
	<ul style="list-style-type: none"> <li>Analyze health resources validity</li> <li>Determine valid health resources for information, products, and services.</li> </ul>	<ul style="list-style-type: none"> <li>Practice researching and finding valid and credible local resources.</li> <li>Identify local resources for multiple types of health disparities.</li> </ul>	<ul style="list-style-type: none"> <li>Consider where students are struggling to be healthy</li> <li>Demonstrate the ability to advocate community health, raise awareness and encourage change</li> <li>Identify and research a relevant and meaningful issue and create a final project</li> </ul>	
<b>Unit 5</b> <b>Human Growth and Development</b>	<b>Human Growth and Development</b>			
	<ul style="list-style-type: none"> <li>Define puberty and adolescence</li> <li>Identify hormones associated with puberty and other main functions of the body</li> <li>Define the functions of the reproductive organs</li> <li>Define the purpose of puberty</li> <li>Determine the physical and emotional changes that occur during puberty</li> <li>Define the menstrual cycle and the stages of menstruation</li> <li>Identify sanitary options for menstruation</li> <li>Define nocturnal emissions</li> <li>Describe process of fertilization</li> </ul>			
<b>Community connection</b>	<b>Healthy Choices</b> (outside speaker)	<b>Healthy Choices</b> (outside speaker)	<b>Healthy Choices</b> (outside speaker)	<b>Healthy Choices</b> (outside speaker)
	<ul style="list-style-type: none"> <li>Stereotypes</li> <li>Character vs. Images</li> <li>Goal setting</li> <li>Perseverance</li> </ul>			

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|  | <ul style="list-style-type: none"><li>● Self-confidence</li><li>● Peer-pressure</li><li>● Refusal Skills</li><li>● Decision making and it effects on your future</li></ul> |
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