

DEPARTMENT NAME :
Health and Wellness
Health Education

GRADE LEVEL: 6

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2017-2018

FIRST TERM		
Dates	Overarching/general themes	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 9/7/17 Suggested Completion Date: 11/9/17	Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Analyzing Influences, Accessing Resources, Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Understand the importance of handling food safely (6.AI.S1, NHES 8.8.1) <i>MM NPA Lesson 1</i> • Analyze the benefits of being physically active (6.AR.K1a) <i>MM NPA Lesson 2,3; or Planet Health Lesson PE Microunits 1,19,20,21</i> • Describe the relationship of self-perception, body image, and body weight to physical activity (6.AI.S1, NHES 2.8.2) <i>MM NPA Lesson 4</i> • Explain how family, culture, and finances influence the foods we eat (6.AI.K4b, NHES 2.8.1) <i>Planet Health Lessons 28,29,30,35</i> • Describe ways of overcoming barriers to healthy eating, getting adequate sleep, and getting enough physical activity (6.GM.K1, NHES 6.8.3) <i>MM NPA Lesson 5; or Planet Health Lesson 1,11, or PE Microunit 5</i> • Develop a dietary and physical activity plan (6.GM.S1, NHES 6.8.2) <i>MM NPA Lesson 6, 7; or Planet Health PE Microunit 1</i>
First Marking Period Ends: 11/9/17 Assessments During This Period: Planet Health: Do you Make Space for Fitness and Nutrition, A Student Self-Assessment; Michigan Model for Health Grade 6: Nutrition and Physical Activity Pre-Unit Test/Post-Unit Test		

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GRADE LEVEL: 6	

SECOND TERM		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 11/13/17 Suggested Completion Date: 1/26/18	Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Accessing Resources, Interpersonal Communication, Decision Making SEL Skills: Self-Management, Social Relations, Decision Making	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Understand the different qualities of friendship (6.AI.S2, NHES 2.8.3) <i>MM SE Lesson 1</i> • Demonstrate effective listening skills (6.IC.S1, NHES 4.8.3) <i>MM SE Lesson 2</i> • Recognize when to use assertive communication skills (6.IC.S2, NHES 4.8.3) <i>MM SE Lesson 3</i> • Demonstrate the ability to manage strong feelings (6.IC.S1, NHES 4.8.1) <i>MM SE Lesson 4</i> • Describe the relationship between a strong personal support system and good mental health 6.AI.K2b, NHES 2.8.1) <i>MM SE Lesson 6</i> • Demonstrate the ability to solve a problem (6.DM.K4, NHES 5.8.5) <i>MM SE Lesson 8</i> • Demonstrate the steps of conflict resolution skills (6.IC.S1, NHES 4.8.3) <i>MM SE Lesson 9</i>
Second Marking Period Ends: 1/26/18 Assessments During This Period: Michigan Model for Health Grade 6: Social and Emotional Health Pre-Unit Test/ Post-Unit Test		

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GRADE LEVEL: 6

THIRD TERM		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 1/29/18 Suggested Completion Date: 4/13/18	Unit: Healthy Body/Safe Body Unit Title: Sexual Health Education Unit Skills: Accessing Resources, Decision Making, Goal Setting	<u>Use the <i>Rights, Respect, Responsibility</i> curriculum for this unit.</u> Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none">• Help to create a safe, supportive, and respectful learning environment• Identify the physical changes happening during adolescence and the need for proper hygiene practices (6.DM.K2a, NSES PD.8.CC.1)• Identify the emotional changes happening during adolescence and the common feelings that emerge (6.DM.K2a, NSES PD.8.CC.1)• Describe the process of human reproduction (NSES PR.8.CC.1)• Identify similarities and differences between friendships and dating relationships (6.AR.K3a, NSES HR.8.CC.1)• Identify a range of ways people show affection in different types of relationships (NHES HR.8.CC.1)• Define abstinence and its relation to pregnancy prevention (6.GM.S2, NSES PR.8.CC.2)• Demonstrate communication skills that foster healthy relationships (NSES PR.8.IC.1)• Find accurate and reliable online resources for sexual health information (6.AR.S3, NSES AP.8.AI.1)
Third Marking Period Ends: 4/13/18		
Teacher Observation and Checklists; Rights, Respect, Responsibility Curriculum Pre/Post Assessments		

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FOURTH TERM		
Dates	Overarching/general themes	Textual References
Marking Period Starts: 4/23/18 Suggested Completion Date: 6/20/18	Unit: Healthy Lifestyle Unit Title: Alcohol, Tobacco, and Other Drug Prevention Unit Skills: Analyzing Influences, Accessing Resources, Interpersonal Communication	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references): Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Analyze reasons why adolescents may or may not choose to use alcohol, marijuana, or other drugs (6.AI.S2, NHES 2.8.3) <i>MM ATOD Lesson 1</i> • Describe the negative health effects of tobacco, marijuana, and other drug use, including addiction (6.GM.K3, NHES 1.8.1) <i>MM ATOD Lesson 2</i> • Analyze peer, family, and media influences on tobacco, alcohol, and other drug use (6.AI.S1, NHES 2.8.1) <i>MM ATOD Lesson 4</i> • Analyze how the effects of alcohol, marijuana, or other drug use can impact personal safety and future goals (6.GM.S3, NHES 6.8.4) <i>MM ATOD Lesson 5</i> • Develop personal strategies to resist using tobacco, alcohol, or other drugs (6.IC.S3, NHES 4.8.1) <i>MM ATOD Lesson 7</i> • Demonstrate effective negotiation and conflict resolution skills when responding to peer pressure (6.IC.S3, NHES 4.8.3) <i>MM ATOD Lesson 7</i> • Demonstrate the ability to locate school and community resources to help with alcohol or drug problems (6.AR.S3, NHES 3.8.5) <i>MM ATOD Lesson 8</i>
Fourth Marking Period Ends: 6/20/18 Assessments During This Period: Michigan Model for Health Grade 6: Alcohol, Tobacco and Other Drugs Pre-Unit Test/ Post-Unit Test		