

General Course Information

Course Name: 6th Grade Health	
Department: PE and Health	Grade Level(s) 6
Duration/Credits: 1 sem	Prerequisites: none
BOE Approval Date: December 2022	Course Code
Course Description:	
<p>6th Grade Health students will practice effective decision making, analyze cause and effect, and develop core health content knowledge. Students will be introduced to nutrition, the impact of nicotine products, the changes that occur during puberty, and the impact of bullying and social health. Students will discuss nicotine, bullying, suicide prevention, hygiene and body systems. Students will learn about accessing reliable health-enhancing resources in their school and community.</p>	
Course Rationale:	
<p>In 6th Grade Health, students will be introduced to core health knowledge and skills to develop a healthy lifestyle. Students will discuss the impact of personal choices on their bodies and minds.</p>	
Course Objectives:	
<p>The student will be introduced to effective decision making skills in the areas of nicotine products, nutrition, and interpersonal skills in dealing with peers and bullying.</p> <p>The student will analyze how their decisions can impact their personal physical, social, and emotional health as well as the health of their peers.</p> <p>The student will analyze cause and effect relationships in health decisions, including nutrition, injury prevention, personal hygiene, and suicide prevention.</p> <p>The student will develop and apply skills to prevent the negative effects of high risk behaviors.</p> <p>The student will identify the components of the digestive and nervous systems and will analyze how personal choices can impact those systems.</p>	

The student will define physical, mental/emotional, and social health and wellness.

The student will read and use valid resources to improve personal and community health.

The student will acquire the knowledge and tools to recognize sexual abuse, report an incident of sexual abuse, and engage in actions to obtain assistance and intervention.

Standards Alignment:

List standard set(s) to which course has been aligned
<https://dese.mo.gov/sites/default/files/gle-health-education.pdf>

[Shape America Health Standards](#)