



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: 6th Grade Health

Length: Semester

Teacher: Ms. Peabody

Course Description:

This course focuses on giving students the skills and knowledge they need for lifelong health. We start by exploring what "healthy" truly means—looking at the balance between physical, mental, and emotional well-being. Students will learn how external forces, from friends to social media, influence their health choices. The course emphasizes practical life skills: learning to find reliable health information, using a solid decision-making process, setting realistic health goals, and mastering communication to stand up for themselves and their boundaries. Ultimately, students will practice and demonstrate health-promoting behaviors and learn how to advocate for a safer community. Through repeated practice, students will become health literate, giving them the ability to apply what they learn in any situation to make responsible choices, prevent disease, and manage the health challenges facing today's society.

Competencies or Standards Assessed:

NHES: National Health Education Standards

1. Understanding the core concepts of health and analyzing the factors that shape personal health decisions. NHES: 1,2
2. Applying essential skills—like communication, decision-making, goal-setting, and accessing resources—to manage and enhance personal health. NHES: 3,4,5,6
3. Demonstrating health-enhancing behaviors and actively advocating for the health and safety of oneself and the community. NHES: 7, 8

Anchor Texts or Major Curriculum: Shape America

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Foundations & Influences	<ul style="list-style-type: none">- What does it truly mean to be "healthy," and why are all parts necessary for balance?- How do the people and things around us—like friends, family, and social media—change the choices we make

	<p>about our health?</p> <ul style="list-style-type: none"> - If two people know the same health facts, why might they still make very different decisions about their bodies and well-being?
Decision-Making & Resources	<ul style="list-style-type: none"> - In a world full of information, how can I tell the difference between valid, trustworthy health advice and something that is fake or biased? - What steps can I follow to make sure my choices about my health are responsible, safe, and lead to positive results? - How does gathering information help me avoid making impulsive decisions that I might regret later?
Mental and Emotional Health	<ul style="list-style-type: none"> - How does the way I feel emotionally directly affect my physical body and my relationships with others? - What is the most effective way to turn a general wish for better health into a realistic plan that I can actually achieve? - If I am feeling overwhelmed or stressed, how can setting a small, specific goal help me regain control and improve my health?
Communication and Relationships	<ul style="list-style-type: none"> - What are the most effective words and actions I can use to stand up for myself and my boundaries, especially when I feel pressured? - How do the healthy communication skills I practice today protect me from health risks in the future? - When should I move beyond managing my own health to actively speaking up to help or protect the health of a friend or my community?

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator



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I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations:

- Students come to class prepared with the essentials that they might need which includes laptop, pencil, any assigned homework.
- Students are respectful and kind which creates a welcoming classroom environment.