

6th Grade Health Syllabus

LJHS | 2026–2027 School Year

Teacher: AJ Garcia

Email: agarcia1@bishopcisd.net

Conference Period: (1:59-2:45)

Classroom: 9

Course Description

Welcome to 6th Grade Health! This course is designed to help students develop the knowledge and skills needed to make healthy choices throughout their lives. Students will learn about physical, mental, emotional, and social health while developing lifelong wellness habits.

The curriculum follows the **Texas Essential Knowledge and Skills (TEKS)** for Health Education.

Chapter 115

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS FOR HEALTH EDUCATION

Subchapter B

MIDDLE SCHOOL

Rule §115.26

Grade 6, Adopted 2020

(A,B)

Course Objectives

By the end of the course, students will be able to:

- Understand the importance of healthy lifestyles.
 - Practice personal hygiene and disease prevention.
 - Make informed decisions regarding nutrition and physical activity.
 - Demonstrate strategies for managing emotions and stress.
 - Build healthy relationships and communication skills.
 - Identify ways to prevent injuries and stay safe.
 - Understand the dangers of drugs.
 - Practice goal-setting and decision-making skills.
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Major Units of Study

1st Nine Weeks

- Health and Wellness
- Goal Setting
- Personal Hygiene
- Growth and Development
- Mental and Emotional Health

2nd Nine Weeks

- Nutrition
- Physical Activity
- Healthy Eating Habits
- Reading Food Labels
- Body Systems

3rd Nine Weeks

- Safety and Injury Prevention
- First Aid Basics
- Internet Safety
- Bullying Prevention
- Healthy Relationships

4th Nine Weeks

- Drug Prevention
- Decision Making

- Peer Pressure
 - Community Health
 - Review and Final Projects
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Classroom Expectations

Students are expected to:

- Be respectful to everyone.
 - Arrive on time and prepared.
 - Participate in classroom discussions and activities.
 - Follow all classroom and school rules.
 - Complete assignments on time.
 - Use appropriate language and behavior.
 - Keep electronic devices put away unless instructed otherwise.
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Materials Needed

- Notebook or Health Journal
 - Folder or Binder
 - Pencil/Pen
 - Colored pencils or highlighters (recommended)
 - School-issued Chromebook (when required)
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Grading Policy

Grades will follow **LJISD district grading guidelines**.

Typical grading categories may include:

- Classwork
- Quizzes
- Projects
- Participation
- Tests
- Homework (if assigned)

Late work will follow district and campus policies.

Attendance

Regular attendance is important. Students are responsible for making up missed assignments after an absence.

Classroom Procedures

Students should:

1. Enter quietly and begin the warm-up activity.
 2. Bring all required materials to class.
 3. Participate respectfully.
 4. Clean up their work area before leaving.
 5. Wait to be dismissed by the teacher.
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Academic Integrity

Students are expected to complete their own work. Cheating, plagiarism, or copying another student's work may result in disciplinary action according to campus policy.

Parent Communication

Parents are encouraged to stay involved by:

- Monitoring grades through Classwise
 - Communicating with the teacher by email or phone.
 - Discussing classroom learning at home.
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Student Success Tips

- Ask questions when you need help.
- Stay organized.

- Complete assignments on time.
 - Be respectful to classmates.
 - Make healthy choices every day.
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Parent/Student Acknowledgment

We have read and understand the expectations for 6th Grade Health.

Student Name: _____

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

"Healthy Choices Today, Healthy Future Tomorrow!"