

6th Grade Health

<p>7.1: Health Promotion</p> <p>All students will achieve optimal wellness by learning and applying health promotion concepts and skills.</p>	<p>A. Growth and Development</p> <ul style="list-style-type: none"> · Discriminate among body systems and their roles and functions and discuss how body systems are interdependent and interrelated. · Measure the physical, social, emotional, and intellectual changes that occur at each life stage. · Relate how heredity, physiological changes, environmental influences, and varying social experiences contribute to an individual's uniqueness. · Compare and contrast the impact of various diseases and health conditions on the functioning of body systems. · Argue the impact of heredity and genetics on human growth and development. · Explain the influence of hormones, heredity, nutrition, and the environment on the physical, social, and emotional changes that occur at puberty. <p>B. Nutrition</p> <ul style="list-style-type: none"> · Analyze personal eating patterns and influences and discuss ways to improve nutritional balance when planning meals and snacks. · Create and justify a healthy eating plan that considers health, cultural, environmental, and social factors. · Select healthy ways to lose, gain, or maintain weight. · Predict the impact of nutrients on the functioning of human body systems. · Analyze how healthy eating patterns throughout life can reduce the risk of heart disease and high cholesterol, cancer, osteoporosis, and other health conditions. <p>C. Safety</p> <ul style="list-style-type: none"> · Assess situations in the home, school, and community for perceived vs. actual risk of injuries. · Design and implement strategies to reduce the risk of injuries. · Describe and demonstrate first aid procedures, including but not limited to, situation and victim assessment; basic life support (CPR, rescue breathing, and choking); and care of bleeding and wounds, burns, fractures, shock, and poisoning. · Analyze the short-and long-term physical, social, and emotional impacts of all forms of abuse. · Formulate ways to protect against sexual assault and explain what to do if sexually assaulted. · Investigate the short-and long-term impacts of injuries on the individual, the family and community. · Create and analyze strategies to increase personal safety while in public places. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
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<p>7.2 Life Skills</p> <p>All students will achieve optimal wellness by learning and applying personal, interpersonal, and life skills.</p>	<p>A. Developing Character and Leadership</p> <ul style="list-style-type: none"> · Define how character development can be enhanced and supported by individual, group, and team activities. · Develop the use of competitive and cooperative strategies to meet different kinds of goals. · Demonstrate the ability to function effectively in both leadership and supportive roles. · Identify motivational techniques used to improve personal and group achievement and develop rewards and sanctions for group accomplishments. · Define and articulate a group's goals, shared values, and vision. · Define, examine, and analyze personal and group adherence to student codes of conduct. · Compare and contrast the characteristics of various role models and the core ethical values they represent. · Provide data to group members through self reflection, peer feedback, and teacher assessment. <p>B. Health Services and Careers</p> <ul style="list-style-type: none"> · List health and fitness services available in the school and community, demonstrate how to access them, and evaluate them comparing benefits and costs. · List preparation and job requirements for health and fitness careers. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
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<p>7.4: Human Sexuality and Family Life</p> <p>All students will achieve optimal wellness by learning and applying concepts and skills that support healthy sexuality and positive personal relationships.</p>	<p>A. Sexuality</p> <ul style="list-style-type: none"> • Analyze internal and external pressures to become sexually active. • Discuss strategies to remain abstinent and resist pressures to become sexually active. • Analyze how certain behaviors place one at greater risk for HIV/AIDS, STDs, and unintended pregnancy. • Discuss how abstinence is the only 100% prevention for pregnancy and STDs • Discuss the topics regarding sexual orientation. • Discuss the importance of routine healthcare procedures such as breast self examination. <p>B. Pregnancy and Parenting</p> <ul style="list-style-type: none"> · Discuss fertilization, embryonic, and fetal development. · Describes the signs and symptoms of pregnancy. · Discuss the potential challenges faced by adolescent parents and their families. · Recommend sources of information and help for parents. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
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