

## Sixth Grade Health – 2014 – Year at a Glance

**Course Description:** This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

**Overall Goals:**

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><b>GBS (4) – Keep This Body Safe</b>                      L1. Keep this body safe                      L2. Bullying                      L3. Getting help                      L4. Sexual harassment and abuse</p> <p><b>GBS (9) A Healthy Environment</b>                      L1. Environment Counts                      L2. Problems with Pollution and Solutions                      L3. Emotional Environment for Healthy Growth                      L4. Community Resources</p> <p><b>Common Sense Media</b>  <a href="#">Cyberbullying: Crossing the Line – Scams and Schemes</a>   <a href="#">Cyberbullying Crossing the Line - Video</a></p>	<p><b>GBS (1) Allergies and Asthma</b>                      L1. About Allergies and Asthma                      L2. Feeling Good about You                      L3. Risks to Your Health and Safety                      L4. First Aid for Allergies and Asthma</p> <p><b>GBS (2) Cells</b>                      L1. The Cells in Your Body                      L2. How Cells Grow, Reproduce, and Work Together                      L3. You and Your Genes                      L4. Sick Cells</p> <p><b>GBS (3) Eat Right, Feel Great</b>                      L1. Dietary Guidelines and the Life Cycle                      L2. Consumer Skills and Meal Planning                      L3. Eating Disorders                      L4. Food Handling</p>	<p><b>GBS (5) What is Stress</b>                      L1. Stress and Your Body                      L2. Recognizing the Causes of Stress in Your Life                      L3. Coping with Stress                      L4. Communities in Stress</p> <p><b>GBS (6) The Reproductive System</b>                      L1. Growing Up Physically                      L2. From Fertilization to Birth                      L3. Emotional Maturity                      L4. Relationships</p>	<p><b>GBS (7) Addictions</b>                      L1. What is Addiction                      L2. The Pressures Around Us                      L3. Getting Help                      L4. Feeling Good about Me</p> <p><b>GBS (8) HIV/AIDS: What You Need to Know Now</b>                      L1. Transmission                      L2. The Immune System                      L3. Prevention                      L4. Helping Hands in the Community</p>