



Curriculum Overview

Subject: Health

Grade: 6

By the end of the year, you can expect your child to:

- Explain how data can assess/improve wellness.
- Relate habits, environment and heredity to growth and development.
- Determine factors that influence the use of health care products.
- Summarize ways to detect and treat common adolescent health conditions and diseases.
- Determine the impact on public health.
- Compare and contrast common mental illnesses and how they are detected and treated.
- Identify Symptoms and treatment of Lyme disease.
- Determine factors that influence food choices and patterns.
- Summarize the benefits and risks associated with nutritional choices.
- Create a daily balanced meal plan.
- Compare and contrast nutritional information of similar food products.
- Summarize the causes and prevention of adolescent injury.
- Explain what to do if abuse is suspected or occurs.
- Summarize the components and safety contributions of the traffic safety system.
- Assess when to use basic first aid procedures.
- Identify accident and fire safety procedures.
- Demonstrate verbal and nonverbal communication.
- Use refusal, negotiation and assertiveness skills.
- Use decision-making strategies.
- Predict different outcomes using alternative decisions.
- Apply personal health data to support the achievement of a short or long term goal.
- Explain how character and ethical values can be useful during challenging situations.
- Predict situations that challenge ethical values.
- Develop ways to include peers with disabilities.

- Examine how personal assets and protective factors support healthy social and emotional development.
- Make recommendations to resolve incidences of conflict and HIB.
- Compare and contrast the way people cope with change, crisis, loss, and rejection.
- Understand the dangers of being part of a gang.
- Identify signs of HIB and understand the consequences of such behavior.
- Identify strategies used in suicide prevention.
- Appraise the goals of community or service organizations to find volunteer opportunities.
- Develop a position about a health issue and inform their peers.
- Determine the validity and reliability of different types of health resources.
- Distinguish health issues that warrant support from trusted adults or professionals.
- Discuss effects of use, misuse, and abuse of over-the-counter and prescription medicines, herbal and medicinal supplements.
- Explain the drug classification system and discuss how drug use is harmful to one health.
- Evaluate short and long term effects of steroids and performance enhancing drugs.
- Summarize the signs, symptoms and contributing factors of a substance abuse problem and explain how wellness is affected.
- Determine effective ways to stop the use of alcohol, tobacco, inhalants and other drugs to remain drug free.
- Examine types of relationships, analyze healthy friendships and investigate dating behaviors.
- Compare and contrast how families change over time.
- Demonstrate good problem solving.
- Identify male and female growth patterns.
- Summarize abstinent strategies.
- Determine risk behaviors that may lead to STIs or unintended pregnancy.
- Predict the impact of adolescent sexual behavior.
- Describe fertilization, embryonic growth and fetal development.
- Identify signs of pregnancy.
- Discuss prenatal health.
- Predict the challenges that adolescent parents and their families may have.
- Identify ways to prevent sexual assaults.

- Identify abstinence as the best way to avoid pregnancy and the transmission of STIs.
-