

Grade 6

Health and Physical Education

Mental Health

Students will be able to:

- Identify and describe the experience of different feelings and how these feelings affect daily function.
- State ways to recognize and manage stress and recognize that stress is important to growth and development.

Safety and Injury Prevention (Safety)

Students will be able to:

- Restate safety rules for equipment, sun, and water.
- List rules to follow when weapons are present.

Family Life (Family Relationships & Social Behavior)

Students will be able to:

- Summarize the benefits and risks of friendships.
- Differentiate between teasing and harassment.
- Describe how the functions, purposes, and responsibilities of family members change with life events.
- Explain the family life cycle and recognize that raising a child is one of the most important functions of a family.
- Describe those whom one can trust and turn to for help in a crisis. Examples of support systems include relatives, friends, neighbors, community organizations, and faith-based groups.

Disease Prevention and Control (Illness Prevention)

Students will be able to:

- List positive and negative factors affecting a person's health.
- Recognize that heredity, environment, and lifestyle impact a person's health.
- Discuss how cleanliness and good grooming show consideration for self and others, and ways to promote cleanliness.
- Define HIV and hepatitis and how they are transmitted and prevented.

Physical Activity and Fitness (Fitness/Wellness)

Students will be able to:

- List benefits of exercise to healthy lifestyle.
- Explain the relationship of nutrition and exercise to fitness.
- Perform a rhythm routine that combines traveling, rolling, balancing, and weight transfer.
- Demonstrate group cooperation and individual achievement by maneuvering through a series of obstacles (challenge course).

Nutrition

Students will be able to:

- Differentiate between healthy and unhealthy eating patterns.

Growth and Development (Human Body)

Students will be able to:

- Explain how heredity and environment contribute to human growth and development.
- Define genes and the concept of heredity.
- Identify the stages of the human life cycle (prenatal through adulthood).

Tobacco, Alcohol, and Other Substance Use/Abuse Prevention (Substance Abuse Prevention)

Students will be able to:

- Explain the effects that these substances have on brain and body: alcohol, tobacco, smokeless tobacco, marijuana, stimulants, and steroids.
- Identify advertising techniques used to attract young people.

Reproduction/Sexuality (Sensitive Issues)

Students will be able to:

- Identify coping strategies used to deal with physical, emotional, and social changes brought on by puberty.
- Define HIV/AIDS.
- List ways to contract AIDS.

Violence Prevention

Students will be able to:

- Differentiate between angry feelings and angry behavior.
- Explain problem-solving and decision-making strategies used to resolve conflicts.
- Identify the social and emotional consequences of harassment (for example, gender, racial, handicap, sexual in nature, etc.).

Interpersonal Relationships

Consumer Health and Resource Management

Students will be able to:

- Identify ways consumer decisions and actions can influence physical and mental health.
- Describe the decision-making process when planning a budget to save money for a special purpose.

Ecological Health

Students will be able to:

- Describe methods and benchmarks for evaluating the state of the environment.

- Identify individual and community responsibility in ecological health.
- Evaluate solutions generated by science, technology/engineering, and individuals regarding ecological health problems.

Community and Public Health