

Health

Focus Statements and Outcomes

6th grade- Students will distinguish between various components of physical, mental and social health.

H.6.1 Students will evaluate personal habits to determine if they harm, maintain, or improve health.

H.6.1.1. Identify the three main parts of health.

H.6.1.2. Give examples of habits necessary for personal health.

H.6.1.3. Summarize influences on health.

H.6.1.4. Analyze given situations to distinguish between healthy and unhealthy stress management techniques.

H.6.1.5. Evaluate their personal habits to determine if changes are necessary.

H.6.2 Students will create strategies to improve self-esteem and demonstrate skills necessary for healthy relationships.

H.6.2.1. Describe how to be a health advocate.

H.6.2.2. Summarize how self-concept affects health.

H.6.2.3. Connect the importance of managing emotions (i.e. anger or grief) in healthy ways to wellness.

H.6.2.4. Give examples of ways to resist negative peer pressure.

H.6.2.5. Apply decision-making steps to solve problems in responsible ways.

H.6.2.6. Explain the relationship between setting goals and improving health.

H.6.2.7. Demonstrate communication skills and conflict resolution skills necessary for healthy relationships.

H.6.3 Students will show the relationships among body systems.

H.6.3.1. Summarize the main parts and functions of the body systems.

H.6.3.2. Examine the stages of the life cycle to determine various characteristics of each stage (including puberty/adolescence.)

H.6.3.3. Give examples of how body systems can be interdependent.

H.6.3.4. Identify the physical, mental and social changes of puberty.

H.6.4 Students will apply dietary guidelines to organize foods into the various food groups.

- H.6.4.1. Identify the food groups in the food pyramid.
- H.6.4.2. Explain the relationship of age, weight, gender, and activity level to recommended servings of each food group.
- H.6.4.3. Give examples of foods that contain the six main nutrients.
- H.6.4.4. List dietary guidelines necessary for good nutrition.
- H.6.4.5. Analyze information on food labels to determine relevance to healthy eating.
- H.6.4.6. Develop guidelines to safely prepare and store food.

H.6.5 Students will outline characteristics of communicable and non-communicable diseases and differentiate between ways to prevent communicable and non-communicable diseases.

- H.6.5.1. Compare and contrast characteristics of communicable and non-communicable diseases.
- H.6.5.2. Describe ways the body defends itself against disease.
- H.6.5.3. Discriminate between prevention for communicable and non-communicable diseases.

H.6.6 Students will discriminate between proper use, misuse and abuse of drugs.

- H.6.6.1. Identify how to properly use and store medicines.
- H.6.6.2. Give examples of the misuse of drugs.
- H.6.6.3. Classify various drugs according to main categories.
- H.6.6.4. Describe the main effects of commonly abused drugs.

H.6.7 Students will demonstrate basic first aid procedures for minor injuries, and summarize ways to report emergencies and stay safe.

- H.6.7.1. Demonstrate how to report an emergency.
- H.6.7.2. List common safety rules in various situations.
- H.6.7.3. Demonstrate basic first aid skills.
- H.6.7.4. Differentiate between factors that promote violence and those that prevent it.
- H.6.7.6. Describe the characteristics of neglect and abuse.

H.6.8 Students will evaluate the validity and helpfulness of health information sources.

- H.6.8.1. Compare and contrast information on labels of prescription and non-prescription drugs.
- H.6.8.2. Identify sources of valid health information.
- H.6.8.3. Describe steps necessary to be safe online.
- H.6.8.4. Give examples of influences on consumer choices.

H.6.8.5. Evaluate various health care products and services to determine validity.

H.6.8.6. Explain ways that the community protects health.