

6th Grade Health



Course Description

This course will provide students an opportunity to develop an understanding of health concepts, behavior, and skills that reduce the risk of disease and enhance health and well-being. Students will apply healthy decision making in the areas of personal wellness, environmental and personal safety, healthy relationships, human sexuality, drugs and nutrition.

Instructors:

Heidi Peterson
Classroom # 132
Email: heidi.peterson@central301.net
Phone: 847-717-8130

Sarah Jackson
Classroom # 178
Email: sarah.jackson@central301.net
Phone: 847-717-8130

Course Materials Required:

- Chromebook

Learning Activities

- Lab Activities
- Writing Assignments
- Online Activities
- Group Discussion

Learning Outcomes

- Students will be able to...
 - Describe the relationship among physical, mental, and social health factors.
 - Explain the effects of health related actions upon body systems.
 - Identify and describe ways to reduce health risks.
 - Apply refusal and skills to potentially harmful situations.
 - Apply decision making process to an individual health concerns.
 - Demonstrate methods for addressing intrapersonal differences without harm.
 - Describe possible causes and consequences of conflict and violence among youth in schools and communities.
 - Explain routine safety precautions in practical situations.
 - Identify potential environmental conditions that may affect the health of local community.

Course Outline

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Unit	Topics	Student Activities
Personal Health	Health Triangle Mental, Social, Physical Depression/Suicide Stress/Coping strategies Body Image/Eating Disorders Social Skills Physical Fitness Assessments Balanced Health	Personal Health Survey Suicide Prevention Group Discussion Relaxation & Breathing Techniques Canvas ~ Online Discussion/Activities Resolution Conflict/ Teamwork Activities Analyzing Physical Fitness S.M.A.R.T. fitness goals
Drugs & Nutrition	Alcohol/Effects of alcohol on your developing body/brain. Tobacco/Types of tobacco and the effects on your developing body. Peer Pressure MyPlate Nutrition	Interactive Stations/Online Discussion/Activities Nearpod/Interactive Online Lesson Refusal Skills/ Role Playing Analyze Daily Diet Calories in vs. Calories out

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	<p>Risk of Diseases Diabetes 1 & 2, high blood pressure, Heart Disease, etc.</p> <p>Risks & Prevention of Disease</p>	<p>Physical Activity</p> <p>Risk of Disease Survey</p> <p>Paragraph Summative</p>
<p>Personal & Environmental Safety</p>	<p>Emergencies vs. Non Emergencies</p> <p>Conflict & Violence</p> <p>Decision Making</p> <p>Recycling</p> <p>Types of Pollution</p> <p>Pollution Contribution/ Problem Solving</p>	<p>Nearpod/Interactive Online Activity</p> <p>Canvas ~ Online Discussion/Activities</p> <p>Decision Making Activities</p> <p>Debate</p> <p>Research</p> <p>Pollution Video Project</p>
<p>Human Sexuality</p>	<p>Puberty</p> <p>Erin's Law</p> <p>Reproductive Anatomy</p>	<p>Similarities & Differences Online Discussion/Activities</p> <p>Abuse ~ Group Activities & Discussion</p> <p>Label Reproductive System</p>

Major Course Assignments/Assessments

- S.M.A.R.T. Fitness Goals Summative
- Risk and Prevention of Disease Paragraph Summative
- Pollution Video Summative
- Reproductive Systems Summative

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Grading Procedures:

Students will be graded on the following criteria. Participation - Actively participating in class in small and large activities. Responsibility - remembering to have everything they need for class. Sportsmanship - showing respect to classmates during discussion and following procedures. Written work - projects, homework, in class assignments, assessments.

Grades will be determined by the following category weights:

Category	Percentage
<i>Homework</i>	25%
<i>Participation</i>	25%
<i>Responsibility</i>	25%
<i>Sportsmanship</i>	25%

Grading Scale:

Letter Grade	Range
A	100-90
B	89.99-80
C	79.99-70
D	69.99-60
F	59.99-below

Absences/Make-up Work:

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to make up work will generally be one school day for every school day missed, starting with the first day the student returns to school. In extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not

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the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.

Timeframe for makeup work:

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to make up work will generally be one school day for every school day missed, starting with the first day the student returns to school. In extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.

Procedure to follow to receive and submit makeup work:

1. Student will log into Canvas and go to date missed
2. Student will review the information covered for the day
3. Student will complete assignment stated in Canvas
4. Student will submit assignment as stated in Canvas

Resources:

<http://www.cooperinstitute.org/fitnessgram>

<http://www.diabetes.org/>

<http://www.bikesafetyquiz.com/>

<https://www.choosemyplate.gov/>

Health Modules in Canvas