

East Penn School District
Curriculum and Instruction

Curriculum for:
Grade 6 Health

Course(s): Grade 6 Health

Grades: 6th

**Department: Wellness/Fitness
minutes): 43 minutes**

Length of Period (average

Periods per cycle: 6

Length of Course (yrs): 0.333

Type of offering: ______ required ______ elective

Credit(s) awarded: N/A

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Enduring Understanding	Essential Questions	Content	Standard	SI
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • What choices should you make to act and grow responsibly? • What can you observe and infer about the way your personal choices affect the functioning of the body? 	<ul style="list-style-type: none"> • Many factors such as peers, body image, and stress are factors that influence teens' health. • Factors such as physical, social, mental, emotional wellness affect your body's functioning. 	<p>10.1.6A A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p>	•
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • What are the different systems in the body and how do they work together to sustain healthy living? 	<ul style="list-style-type: none"> • Circulatory • Respiratory • Excretory • Reproductive • Digestive 	<p>10.1.6B B. Identify and describe the structure and function of the major body systems.</p> <ul style="list-style-type: none"> • circulatory • respiratory • excretory • reproductive • digestive 	• • •
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • How does understanding food labels and identifying food choices enable you to make better nutritional choices? • What factors influence changes in nutritional requirements on an individual basis? • How can food production and preparations impact an individual's nutritional choices? 	<ul style="list-style-type: none"> • Total caloric intake; calculate grams of carbohydrates, fats and proteins. Identifying the impact of vitamins, minerals and water on meeting dietary requirements. • Age, gender, weight, physical activity level, and specific conditions. • Prepackaged/ pre-made foods, organic, free-range, whole foods, food preparation, additives 	<p>10.1.6C Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> • caloric content of foods • intake and physical activity (energy output) • nutrient requirements • label reading • healthful food selection and food preparation 	• • •
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> • What factors positively or negatively influence adolescent attitudes and decisions related to tobacco use? • How does the media influence decision making? 	<ul style="list-style-type: none"> • Including: family, peer pressure, low self esteem, media, stress, refusal skills, current state laws, informative advertising and programs, retail, financial, short 	<p>10.1.6D Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> • peer influence • self-esteem 	• •

		<ul style="list-style-type: none"> term and long term consequences. Including social media, Internet, billboards, magazines (non-teen), entertainment. 	<ul style="list-style-type: none"> stress media influence refusal skills rules, regulations and laws consequences 	
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> What kinds of health problems can occur throughout life? How are communicable and noncommunicable diseases contracted/spread? How can one minimize health risks in order to positively impact their overall health? 	<ul style="list-style-type: none"> Communicable diseases (caused by viruses, bacteria, protozoans, fungi and other pathogens) and non-communicable diseases (cancer, heart disease, arthritis, diabetes, stroke, allergies, etc..) Direct and indirect contact, contact with infected animal/insects, contaminated food/water Avoid high risk behaviors, lifestyle choices, environment, diet, hygiene, inherited factors, use universal precautions, protective factors 	<p>10.1.6E Identify health problems that can occur throughout life and describe ways to prevent them.</p> <ul style="list-style-type: none"> diseases (ex. Cancer, diabetes,, cardiovascular diseases) preventions (ex. not smoking, maintaining proper weight, eating balanced diet, physical activity) 	<ul style="list-style-type: none">
Health Concepts are essential for wellness and health-enhancing lifestyle.	<ul style="list-style-type: none"> What are health care services that could impact your well being?. What individual practices does a person do to positively impact their well-being? 	<ul style="list-style-type: none"> Physicals performed by a physician, immunizations, mental health services, religious entities good personal health, self-exams, nutrition, exercise, stress management, environment 	<p>10.2.6.A. Explain the relationship between personal health practices and individual well-being.</p> <ul style="list-style-type: none"> immunizations health examinations 	<ul style="list-style-type: none">
Community well-being is dependent upon a balance of personal and social responsibility.	COVERED in 4th Grade		10.2.6.B.	
Community well-being is dependent upon a balance of personal and social responsibility.	<ul style="list-style-type: none"> How can media positively and negatively affect a persons health choices ? 	<ul style="list-style-type: none"> .Smoking nutrition food selection 	<p>10.2.6C Explain the media’s effect on health and safety issues.</p>	<ul style="list-style-type: none">
Community well-being is	<ul style="list-style-type: none"> What steps are needed to make 	<ul style="list-style-type: none"> DECIDE Model 	10.2.6.D.	<ul style="list-style-type: none">

dependent upon a balance of personal and social responsibility.	decisions to improve your health.		Describe and apply the steps of the decision making process to health and safety issues.	
Community well-being is dependent upon a balance of personal and social responsibility.	COVERED in 5th Grade		10.2.6E:	
Safety impacts individual and community well-being..	COVERED in 5th Grade Guidance and Library		10.3.6 A.	
Safety impacts individual and community well-being	<ul style="list-style-type: none"> • What first aid/Heimlich maneuver/CPR skills should be used based on given scenarios? • Identify common universal precautions 	<ul style="list-style-type: none"> • First Aid, CPR, AED • latex gloves, protective clothing/eye wear, etc.. 	10.3.6.B. Know and apply appropriate emergency responses. <ul style="list-style-type: none"> • basic first aid • Heimlich maneuver • Universal precautions 	<ul style="list-style-type: none"> • • •
Safety impacts individual and community well-being..	<ul style="list-style-type: none"> • What are some common healthy vs. unhealthy ways to manage anger? • What are helpful strategies/techniques used to reduce conflicts and/or violence? 	<ul style="list-style-type: none"> • Healthy examples: exercise, I messages, relaxation strategies. • Unhealthy examples: drug and alcohol use, violence, bullying, verbal outbursts • Role of peers, body language/expressions, ignoring conflict, where/when/how, etc 	10.3.6.C Describe strategies to avoid or manage conflict and violence. <ul style="list-style-type: none"> • anger management • peer mediation • reflective listening • negotiation 	<ul style="list-style-type: none"> • •
Safety impacts individual and community well-being..	<ul style="list-style-type: none"> • What are important considerations in exercise safety? • Covering in 6th grade PE 	<ul style="list-style-type: none"> • Weather, facility, equipment, nutrition, hydration, phases of exercise, medical history. 	10.3.6.D Identify and use safe practices in physical activity settings.(e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up/cool-down)	<ul style="list-style-type: none"> • •