



**HEALTH
GRADE SIX**



**Health - Grade 6
17.00700**

Course Description: Health literacy is the capacity of individuals to obtain, interpret and understand basic health information and services and the competence to use such information and services in the ways which enhance health. The health literate person is a critical thinker and problem solver, a responsible, productive citizen, a self-directed learner and an effective communicator.

Course Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health

- H61.a: Describe the inter-relationship of emotional/intellectual, physical, and social health (health triangle)
- H61.b: List factors that contribute to the development of positive self-esteem
- H61.c: Identify causes of stress and ways to effectively cope with them.
- H61.d: Identify the various emotions and healthy ways to express them.
- H61.e: Describe the structures and functions of the nervous system.
- H61.f: Describe the structures and functions of the skeletal and muscular systems.
- H61.g: Describe the short and long-term effects of being exposed to second hand smoke
- H61.h: Summarize foods in the Food Guide Pyramid listing key nutrients and daily servings for each group
- H61.i: Identify the five components of health-related fitness
- H61.k: Analyze the relationships between food consumption, calories, physical activity, and body weight.
- H61.l: Identify physical activities that contribute to maintaining or improving the components of health related fitness (strength, endurance, flexibility)
- H61.m: Compare and contrast the nutritional content among nutritious and non-nutritious beverages and snacks.
- H61.n: List possible dangers in the home
- H61.o: Discuss safety precautions for recreational activities and sports.
- H61.p: Explain how to protect our hearing
- H61.q: Identify ways germs are spread (modes of transmission) and how the body defends against communicable diseases.
- H61.r: Compare and contrast the differences between bacterial and viral infections
- H61.s: Compare and contrast causes, symptoms, and treatment of common communicable diseases.
- H61.t: Compare and contrast causes, symptoms, and treatment of common non-communicable diseases
- H61.u: Describe the development of a female ovum and male sperm cell as the building blocks of human life
- H61.v: Describe healthy and unhealthy ways to care for your teeth, skin, and hair
- H61.w: Compare the physical, emotional, and social changes during puberty.
- H61.x: Identify basic structures and functions of the male and female reproductive systems.

Course Standard 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- H62.a: Evaluate advertising for tobacco and alcohol and predict reasons for possible influences on behavior
- H62.b: Describe how family and peers influence healthy and unhealthy behaviors.
- H62.c: Analyze how messages from media influence health behaviors
- H62.d: Recognize the influence of media on nutritional and fitness habits
- H62.e: Recognize the influence of media on sexual messages

Course Standard 3

Students will demonstrate the ability to access valid information and products and services to enhance

- H63.a: Research the various sources of support for mental and emotional help
- H63.b: Research and report the negative effects of alcohol and illegal drugs.
- H63.c: Analyze food labels for nutrient and nutritional claims
- H63.d: Analyze the validity of health claims related to various products or services
- H63.f: Analyze the validity of health information (TV ads) related to the treatment and prevention of communicable diseases.

Course Standard 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- H64.a: Use effective communication skills to develop healthy relationships with others.
- H64.b: Identify strategies to prevent and solve conflict
- H64.c: Identify refusal skills to use to prevent substance abuse

Course Standard 5

Students will demonstrate the ability to use decision-making skills to enhance health

- H65.a: Use the decision-making/communication process to practice compromise and negotiation.

Course Standard 6

Students will demonstrate the ability to use goal-setting skills to enhance health

- H66.a: Assess personal health practices
- H66.b: Identify goal setting strategies to maintain or improve personal health

Course Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

- H67.a: Develop a safety plan for your home
- H67.b: Develop an evacuation plan for the home
- H67.c: Develop strategies and skills for maintaining an adequate level of personal hygiene during adolescence

Course Standard 8

Students will demonstrate the ability to advocate for personal, family, and community health

- H68.a: Explain how to take responsibility for your health
- H68.b: Discuss how to influence and support others in making positive health choices

