

# THE GREAT BODY SHOP

## GRADE 6 TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety	Nutrition	Functions of the Body	Growth & Development/ The Cycle of Family Life	Disease and Illness Prevention (Including HIV)
<ul style="list-style-type: none"> <li>• First Aid skills</li> <li>• Sports injury prevention</li> <li>• Evaluating emergencies</li> <li>• Safety and personal safety; hazards and routines</li> <li>• Heimlich Hug and other emergency skills</li> <li>• Gang pressures</li> <li>• Importance of communication</li> <li>• Predicting consequences of violence</li> <li>• Sexual harassment</li> <li>• Respect for self and others</li> <li>• Resources for getting help</li> </ul>	<ul style="list-style-type: none"> <li>• Responsible patterns of eating</li> <li>• Meal planning</li> <li>• Food handling</li> <li>• Shopping methods</li> <li>• Storage and distribution of food products</li> <li>• Setting personal nutritional goals</li> <li>• Community nutrition efforts</li> <li>• Reading food labels</li> <li>• Comparing unit prices</li> <li>• Healthy/unhealthy reasons for eating</li> <li>• Eating disorders</li> <li>• Dietary guidelines</li> <li>• Analyzing influences</li> </ul>	<ul style="list-style-type: none"> <li>• Stress response</li> <li>• Reproductive and immune systems</li> <li>• Allergies and asthma</li> <li>• Empathy for allergies of others</li> <li>• Cells function and operation</li> <li>• Scientific method</li> <li>• Classifying, comparing and contrasting</li> <li>• Predicting consequences of behavior on body systems</li> <li>• Promoting healthy cell growth</li> <li>• Respect</li> </ul>	<ul style="list-style-type: none"> <li>• Growing up</li> <li>• Puberty</li> <li>• Routine body care</li> <li>• Emotions</li> <li>• Stages of growth from conception to birth</li> <li>• Consequences of sexual activity</li> <li>• Defining emotional maturity</li> <li>• Practicing refusal skills</li> <li>• Setting personal and family goals</li> <li>• Relationships, responsible behaviors, abstinence</li> </ul>	<ul style="list-style-type: none"> <li>• Defining viruses and HIV</li> <li>• The immune system</li> <li>• Transmission of disease</li> <li>• Risk-avoiding decision-making</li> <li>• Respect for body systems</li> <li>• Responsible behavior</li> <li>• Help resources</li> <li>• Helping the sick</li> <li>• Abnormal cells</li> <li>• Communicable and non-communicable diseases</li> <li>• Illness prevention routines</li> </ul>

Substance Abuse Prevention	Community Health & Safety (With Violence Prevention)	Self Worth, Mental and Emotional Health	Environmental and Consumer Health	Physical Fitness
<ul style="list-style-type: none"> <li>• Identifying types of pressures during adolescence</li> <li>• Using strong values to resist</li> <li>• School and community help resources</li> <li>• Alcohol and drug addiction</li> <li>• Importance of self worth</li> <li>• Communication and refusal skills</li> <li>• Medical problems add to drug risk</li> <li>• Protective factors</li> <li>• Legal and illegal drugs</li> <li>• Developmental assets</li> </ul>	<ul style="list-style-type: none"> <li>• Environmental pollution and community health</li> <li>• Communities in stress</li> <li>• Violent reactions to stress and anger</li> <li>• Setting goals to lower community stress</li> <li>• Predicting consequences of various stresses upon the community</li> <li>• Gangs               <ul style="list-style-type: none"> <li>• Conflict resolution</li> <li>• Sexual harassment</li> <li>• Bully prevention</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Social, emotional learning skills</li> <li>• Effect of self esteem on health choices and relationships</li> <li>• Positive and negative ways to cope</li> <li>• Respecting the uniqueness in self and others</li> <li>• Positive values</li> <li>• Goal setting</li> <li>• Serving others</li> <li>• Communication skills</li> <li>• Refusal skills</li> <li>• Resiliency and assets</li> <li>• Grief and loss</li> <li>• Positive character traits</li> </ul>	<ul style="list-style-type: none"> <li>• Influences on health</li> <li>• Safe and healthy environments</li> <li>• Community resources</li> <li>• Pollution clean up and prevention</li> <li>• Environmental laws</li> <li>• Community action</li> <li>• Consumer factors and buying habits</li> <li>• Product labels</li> <li>• Unit pricing</li> <li>• Service to the community</li> <li>• Health advocacy</li> <li>• Accessing health services and products</li> </ul>	<ul style="list-style-type: none"> <li>• Mental, emotional and physical benefits of exercise</li> <li>• Components of physical fitness</li> <li>• Sports injury prevention</li> <li>• Steroids</li> <li>• Protective equipment</li> <li>• Rules in sports</li> <li>• Environmental conditions</li> <li>• Diet and exercise plan</li> <li>• Types of physical activities</li> <li>• Monitoring fitness/target heart rate</li> <li>• Fitness pyramid</li> <li>• Fitness principles</li> </ul>

