

ASD Academic Plan

Health: 6th Grade

Grade Level: 6th Grade	<p>Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate knowledge and skills necessary to maintain and improve over-all health and well-being.</p> <p>Overall Goals:</p> <ul style="list-style-type: none"> • To facilitate understanding of fundamental health concepts and disease prevention • To build respect for and promote the health and well-being of one’s self and others through appreciation of positive personal and community health values and good communication skills • To promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills • To provide for the informed use of health related information, products, and services • To build resiliency into the process of growth and development
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p>Getting Started Class Rules and Responsibilities Health and SEL Getting to Know You Working Together</p> <p>Keep This Body Safe Keep This Body Safe Gang Pressure Getting Help Sexual Harassment and Abuse</p> <p>Personal Safety Refusal Skills Assertive Responses Define Sexual Harassment and Abuse Analyzing situations</p>	<p>Cells Cells in your Body How Cells Grow, Reproduce and Work Together You and your Genes Sick cells</p> <p>Eat Smart, Look Great! Dietary Guidelines and the Life Cycle Consumer Skills and Meal Planning Eating Disorders Food Handling</p> <p>Allergies and Asthma About Allergies and Asthma Feeling Good about You Risks To Your Health and Safety First Aid for Allergies and Asthma</p>	<p>The Reproductive System Growing up Physically From Fertilization to Birth Emotional Maturity Relationships</p> <p>HIV/AIDS: What You Need to Know Now Transmission The Immune System Prevention Helping Hands in the Community</p>	<p>Addictions What is Addiction? The Pressures Around Us Getting Help Feeling Good About Me</p> <p>The Sports Report Exercise and Physical Fitness Injuries and Exercise Steroids Sports- Rules, Plans and Safety</p>