

## **6<sup>th</sup> Grade Health Curriculum**

### **Violence**

#### *Lessons:*

1. No Big Deal
2. A Commitment to Non Violence
3. Influence All Around
4. It's About Us
5. The Refusal Skill

### **HIV/Communicable Diseases**

#### *Lessons:*

#### ***\*\*KNOW Curriculum (2 days)***

### **Tobacco, Alcohol and Other Drugs**

#### *Lessons:*

1. Drugs, the Law and You
2. Smoking and Chewing- Day 1 & 2
3. The Great Alcohol Debate
4. Power to Refuse

### **Safety/CPR/First Aid**

#### *Lessons:*

1. Neighborhood Home Safety (fire safety, bicycle safety, appliance safety)
2. Neighborhood Home Safety (choking)

### **Growth and Development**

#### *Lessons:*

1. Hormones and Puberty (introduce)
2. Signs of Good and Bad Friendships/Same-Sex and Different-Sex Friendships
3. Healthy Habits (Hygiene & Sleep)
4. When Family Roles Change

### **The Body**

#### *Lessons:*

1. Identify the structure and basic function of key body systems (skeletal, muscular, nervous, respiratory, cardiovascular, endocrine, lymphatic, digestive, and reproductive).
2. Continue from day #1

### **Nutrition**

#### *Lessons:*

1. Shopping Smart, 1: Planning with the Pyramid
2. Shopping Smart, 4: Portions
3. Eating Smart, 2: The Grams Add Up
4. Eating Smart, 5: Snack Choices

**Mental Health***Lessons:*

1. Self Image
2. Social Skills
3. Stress/Anxiety
4. Anger/Conflict Resolution

**Sexual Harassment**

*\*\* See counselors for two-day sexual harassment curriculum*

**Goal Setting***Lessons*

1. Goal Setting in Health and Fitness (EALR 4.1)