

Health

CANTON PUBLIC SCHOOLS 6-8 SCOPE AND SEQUENCE

Topics																					
Standard	Mental Health			Tobacco, Alcohol & Other Drugs			Personal Health & Wellness			Puberty & Human Reproduction			Nutrition			Bullying & Violence Prevention			Relationships & Communication		
	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8	6	7	8
1	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
2	✓	✓	✓	✓	✓	✓	✓			✓		✓		✓		✓	✓	✓	✓		✓
3	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓			✓				✓
4	✓	✓	✓	✓		✓	✓			✓		✓		✓		✓	✓		✓	✓	✓
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6	✓				✓		✓		✓	✓			✓	✓							
7	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓
8	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

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Student Class Organizer: 6th Grade Health

**Essential Questions: To what extent does Wellness have an impact on my quality of life?
How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

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Relevance

The units and topics covered in this class, as well as the skills learned and practiced, will prepare students to become advocates, leaders, and positive role models in their community. The learned information and skills will allow students to achieve overall wellness and positively impact their own life.

Units in this class

- Relationships & Communication
- Personal Health
- Puberty & Human Development
- Tobacco, Vaping & Peer Pressure
- Stress & Stress Management

What Critical Life Skills Will I learn?

Decision Making
Advocacy
Analysis of influences
Goal setting
Accessing information
Conflict Resolution
Self Management

How Will I Be Assessed?

- Projects
- Participation
- In-class assignments
- Demonstration of skills

6th Grade Health Unit - Relationships & Communication

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Topics in this Unit

- Building & Maintaining Relationships
- Communication & Active Listening
- Healthy vs. Unhealthy Relationships

Objectives for Each Topic

Building & Maintaining Relationships

- Students will learn important strategies to build and maintain healthy friendships and identify important qualities in a friend
- Students will learn and practice conflict resolution skills
- Students will be able to identify an unhealthy relationship and learn how to resolve it

Communication & Conflict Resolution

- Students will be able to identify and practice using effective communication and active listening skills
- Students will be able to identify and practice techniques to resolve conflict and prevent violence

Digital Communication

- Students will learn safe and effective way to communicate digitally
- Students will be able to identify negative online interactions and react in a health enhancing way

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	

6th Grade Health Unit - Personal Health

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Topics in this Unit

- Nutrition
- Physical Activity
- Sleep
- Goal Setting

Objectives for each topic

Nutrition

- Students will understand nutrition recommendations (my plate) and the essential nutrients in food
- Students will understand the effect that food and food choices have on their body & overall health

Physical Activity

- Students will be able to identify the health related & skill related components of fitness
- Students will analyze and explore the impact of physical activity on physical, mental and social health

Sleep

- Students will examine influences on healthy sleep habits
- Students will understand the impact of sleep on physical, mental and social health

Goal Setting

- Students will understand the components of a goal and use goal setting skills to enhance health

What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management

6th Grade Health Unit - Puberty & Human Development

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Topics in this Unit

- Puberty & The Reproductive System
- Positive Body Image & Self-esteem

Objectives for Each Topic

Puberty & The Reproductive System

- Students will identify positive ways of coping with daily moods and emotions associated with puberty
- Students will be able to explain the physiologically changes that occur during puberty and the role of the Endocrine System.

Positive Body Image & Self-esteem

- Students will learn ways to maintain a positive and healthy body image and identify factors and influences that may affect their body image
- Students will learn the importance of self-esteem and assess their current sense of self-esteem
- Students will be able to identify and practice ways to enhance self-esteem

What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management

6th Grade Health Unit - Tobacco, Vaping, & Peer Pressure

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Topics in this Unit

- Tobacco & Effects
- E-cigarettes & Vaping
- Advertising & Influences
- Peer Pressure

Objectives for Each Topic

Tobacco & Effects

- Students will understand the impact that tobacco products have on different body systems

E-Cigarettes & Vaping

- Students will learn about types and components of various devices
- Students will understand the health risk of e-cigarettes and vaping

Advertising & Influences

- Students will analyze the role advertising & other influences have on tobacco & e-cigarette use

Peer Pressure

- Students will be able to recognize and effectively respond to peer pressure using refusal skills
- Students will analyze possible outcomes of decision making in pressure situations

What Critical Life Skills Will I learn?

Decision Making

Advocacy

Analysis of influences

Goal setting

Accessing information

Conflict Resolution

Self Management

6th Grade Health Unit - Stress & Stress Management

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Topics in this Unit

- Stress
- Positive coping strategies

Objectives for Each Topic

Stress

- Students will understand what stress is and possible causes of stress
- Students will be able to recognize the difference between healthy and unhealthy stress
- Students will explore the effects of stress on physical, mental & social health
- Students will be able to advocate for mental health needs

Positive coping strategies

- Students will be able to identify strategies for effectively managing and reducing stress
- Students will be able to demonstrate and implement positive stress management and coping strategies

What Critical Life Skills Will I learn?

Decision Making	Advocacy
Analysis of influences	Goal setting
Accessing information	Conflict Resolution
Self Management	