



Health  
Sixth Grade

**1.0 Students will comprehend concepts related to health promotion and disease prevention.**

- 1.1 Identify parts and describe functions of the following systems: muscular, skeletal, cardiovascular, nervous, lymphatic, digestive, endocrine, respiratory, urinary, and reproductive. Distinguish between communicable and non-communicable diseases.
- 1.2 Explain ways to keep systems healthy, and disorders of systems.
- 1.3 Understands the fundamental concepts of growth and development.
- 1.4 Explain how personal hygiene can affect personal health, friendship, positive attitude, and self-image.
- 1.5 Identify ways you might come into contact with pathogens.
- 1.6 Discuss methods to help reduce the spread of pathogens.
- 1.7 Describe how HIV affects the human body.

**2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.**

- 2.1 Understand nutrition information labels.

**3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.**

- 3.1 List ways to stay safe at home, on the road, and outdoors.
- 3.2 TNT program in physical education.
- 3.3 Explain the hazards of tobacco, alcohol, and illegal drugs.
- 3.4 Explain how to use the Food Pyramid to plan a balanced diet.
- 3.5 Describe ways to express anger and resolve conflict without violence.

**4.0 Students will analyze the influence of culture, media, technology and other factors on health.**

- 4.1 Analyze the influence of the media on health.

**5.0 Students will demonstrate the ability to use interpersonal**

**communication skills to enhance health.**

5.1 Describe methods of handling stress.

5.2 Identify basic social skills in order to develop successful interpersonal relationships.

**6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.**

6.1 Understand that family health can affect individual health.

6.2 List the steps you can take to make responsible decisions.

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

7.1 List ways to be an advocate for health.

7.2 Describe what makes a health environment.

7.3 Explain what it means to reduce, reuse, and recycle.