

## **Health Curriculum Grade 6**

### **Mental/Emotional Health**

- I will practice life skills for health.
- I will make responsible decisions.
- I will take responsibility for my health.
- I will use resistance skills when appropriate.
- I will have a plan for stress.
- I will choose behaviors to resist peer pressure.
- I will gain health knowledge.
- I will choose behaviors that promote a healthy mind.
- I will develop good character.
- I will be resilient in difficult times.

### **Family and Social Health**

- I will recognize harmful relationships.
- I will use conflict resolution skills.
- I will develop healthful family relationships.
- I will make healthful adjustments to family changes.
- I will work to improve difficult relationships.
- I will develop skills to prepare for dating.

### **Growth and Development**

- I will care for my body systems.
- I will achieve developmental tasks of adolescence.
- I will provide responsible care for infants and children.
- I will develop habits that promote healthful aging.
- I will promote exercise for a healthy heart.
- I will have an understanding of the endocrine system.
- I will have an understanding of the excretory system.

### **Nutrition**

- I will eat the correct number of servings from the Food Guide Pyramid.
- I will select foods that contain nutrients.
- I will plan a diet that reduces the risk of disease.
- I will protect myself from food borne illnesses.
- I will maintain a desirable weight and body composition.
- I will develop skills to prevent eating disorders.

### **Personal Health and Physical Activity**

- I will have regular check ups.
- I will get adequate rest and sleep.
- I will be well groomed.
- I will follow a dental plan.
- I will participate in regular physical activity.
- I will prevent physical activity related injuries and illnesses.

**Cont. Health Curriculum – Grade 6**

I will be a responsible spectator and participant in sports.

I will follow a physical fitness plan.

I will develop and maintain skill-related fitness.

I will practice sports skills.

**Alcohol, Tobacco and Other Drugs**

I will not use tobacco.

I will stay away from secondhand smoke.

I will use over the counter drugs and prescription drugs in safe ways.

I will not drink alcohol.

I will not be involved in illegal drug use.

I will practice protective factors that help me stay away from drugs.

I will not misuse or abuse drugs.

I will use resistance skills if I am pressured to misuse or abuse drugs.

I will choose a drug free lifestyle to reduce the risk of violence and accidents.

I will choose a drug free lifestyle to reduce my risk of HIV, STD's and unwanted pregnancy.

I will be aware of the treatment of drug misuse and abuse.

**Communicable and Chronic Diseases**

I will choose behaviors to prevent the spread of pathogens.

I will choose behaviors to reduce my risk of HIV infection.

I will choose behaviors to reduce my risk of cardiovascular disease.

I will understand the concept of cancer.

I will recognize ways to manage asthma and allergies.

I will recognize ways to manage chronic health conditions.

**Consumer and Community Health**

I will evaluate sources of health information.

I will recognize my rights as a consumer.

I will choose healthful entertainment.

I will be a health advocate by being a volunteer.

**Environmental Health**

I will keep noise down.

I will practice recycling.

I will keep the air, land, and water clean and safe.

I will practice fire prevention.

I will be a health advocate for the environment.

I will take actions to improve my social-emotional environment.

**Injury Prevention and Safety**

I will stay away from gangs.

I will not carry a weapon.

**Cont. Health Curriculum – Grade 6**

I will practice self-protection strategies.

I will respect authority and obey laws.

I will follow guidelines for motor vehicle safety.

I will follow safety guidelines to reduce the risk of unintentional injuries.