

# 6th grade Health- Scope and Sequence

Mrs. Lyons & Ms. Fitzgerald

Term	Skill/Standard	Content	Approx. # of classes
1	<b>Interpersonal Communication-</b> Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. <ul style="list-style-type: none"> <li>• Apply effective verbal and nonverbal communication skills to enhance health (4.8.1)</li> <li>• Demonstrate effective conflict management or resolution strategies (4.8.3)</li> </ul>	<b>Enhancing Healthy Peer Relationships/ Resolving Conflict</b> <ul style="list-style-type: none"> <li>• Discuss the importance of healthy relationships on their health</li> <li>• Identify verbal and non-verbal cues for effective communication using I-statements</li> </ul>	10
2	<b>Advocacy-</b> Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health. <ul style="list-style-type: none"> <li>• Demonstrate how to influence and support others to make positive health choices (8.8.2)</li> <li>• Work cooperatively to advocate for healthy individuals, families, and schools (8.8.3)</li> </ul>	<b>Puberty and Adolescent Topics</b> <ul style="list-style-type: none"> <li>• Identify which puberty changes happen to males, females, or both</li> <li>• Discuss Inclusive Language and practices</li> </ul>	10
3	<b>Analyzing Influences-</b> Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. <ul style="list-style-type: none"> <li>• Describe how relationships influence healthy and unhealthy behaviors (2.8.3)</li> <li>• Explain the influence of personal values and beliefs on individual health practices and behaviors (2.8.8)</li> </ul>	<b>Vaping and Tobacco</b> <ul style="list-style-type: none"> <li>• Identify the health effects of vaping and tobacco use</li> </ul>	10
4	<b>Goal Setting-</b> Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health. <ul style="list-style-type: none"> <li>• Assess personal health practices (6.8.1)</li> <li>• Develop a goal to adopt, maintain, or improve a personal health practice (6.8.2)</li> </ul>	<b>SMART Goals/The Health Triangle</b> <ul style="list-style-type: none"> <li>• Assess personal health practices</li> <li>• Develop a SMART goal</li> </ul>	10