

HEALTH: Grade 6**Course Overview**

Students in grade six study the importance of maintaining lifelong health through an examination of issues pertinent to adolescence. Health offers students the opportunity to acquire knowledge, practice skills, and develop attitudes that can benefit them throughout life. Personal health choices regarding Healthy Eating and Physical Activity, alcohol & tobacco, disease prevention, and safety are discussed. Students set health goals and build a foundation of skills that contribute to a variety of healthy choices for self and others. The class provides students a focal promote wellness. Healthy students are productive and capable students. Positive habits decrease the risk of health concerns and create a healthier environment for everyone.

Health Standards

CORE CONCEPTS—Students comprehend concepts related to health promotion and disease prevention.

ACCESSING INFORMATION—Students access valid health information and health-promoting products and services.

SELF-MANAGEMENT—Students practice health-enhancing behaviors and reduce health risks.

ANALYZING INFLUENCES—Students analyze the influences of culture, family, peers, media, technology, and other factors on health.

INTERPERSONAL COMMUNICATION—Students use interpersonal communication skills to enhance health.

DECISION MAKING AND GOAL SETTING—Students use decision-making and goal-setting skills to enhance health.

ADVOCACY—Students advocate for personal, family and community health.

General Learner Outcomes (GLOs)

1. Self-Directed Learner – Set goals and check progress to meet assignments on a timely basis.
2. Community Contributor – Listen and contribute appropriately to the discussion or assignment.
3. Complex Thinker – Connect new knowledge to prior knowledge, and make adjustments as needed.
4. Quality Producer – Revise and refine work according to the assignment and as needed.
5. Effective Communicator – Communicate information orally and in writing to different audiences.
6. Ethical User of Technology – Used the computer to access information honestly.

Grading- infinitecampus.org

A	3.5 - 4.0	Exceeds. Student shows mastery of the content.
B	2.5 - 3.4	Meets. Student is able to complete the work.
C	2.0 - 2.4	Approaching. Student completes work with assistance.
D	1.0 - 1.9	Not Yet. Student completes work with a great amount of assistance.
F	0 - 0.9	Does not meet expectation. Student doesn't complete work.

Homework - Students will receive homework due at the beginning of class on the next day. Any work not submitted at the beginning of class on its due date will be considered late. This may include but is not limited to projects, worksheets and notebook assignments.

Class work – Students will be graded on completion of daily class assignments, worksheets and participation. Work not complete in class need to be completed as homework and will be due the beginning of next class meeting.

Make-up Work - Students are responsible for all make-up work. If assignments are missed a “0” will be given until the work is made up. Make up work is the responsibility of the student. There will be a one day grace period for make-up work due to absence. After the grace period, work will be dropped a grade a day.

Discipline

First Offense – Warning
Second Offense – Detention
Third Offense – Referral

Supplies

Folder paper
Black/Blue pen and/or pencils
Highlighter
Colored markers or pencils (or crayons)

Course Content

August - October

Healthy Eating and Physical Activity (HEPA)

HE 6-8.1.2 Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity.

- Learning About Your Health
- Taking Responsibility for Your Health
- Physical Activity and Fitness
- Food and Nutrition

November

Personal Health and Wellness (PHW) - Students will develop strategies and skills for maintaining grooming and hygiene, and dental care.

HE 6-8.1.8 Describe the body system function, how they interact with each other, and how they are impacted by health behaviors.

HE 6-8.1.9 Identify choices individuals can make to promote or harm their health.

HE 6-8.1.10 Identify proper health care and describe how it can prevent premature death and disability.

HE 6-8.3.2 Explain the importance of assuming responsibility of assuming responsibility for personal health behaviors

- Safeguarding the Senses
- Growth and Development

December

Alcohol, Tobacco, and other Drugs (TOB): The students will analyze the impact of drugs, recognize the effects of drugs on the body and assess personal risk factors of drug abuse.

HE.6-8.1.5 Describe short- and long-term effects and consequences of tobacco product use.

HE6-8.1.6 Describe short- and long –term effects and consequences of drinking alcohol and using drugs.

- Tobacco, Drugs and Alcoholp

Contact:

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Please sign below to acknowledge that you have read the front and back of this syllabus.

Student Signature

Date

Parent/Guardian Signature

Date