MCMS Wellness 6th Grade Allison McKern

Unit: Diseases and Stress

Long Term Learning Target: I can explain the difference between communicable and non-communicable disease.

I can define stress and list ways to positively cope with stressful events and situations.

(Lesson 1: Diseases)

Learning Targets: Language Targets

I can view the power point and write down answers on the worksheet "Communicable and Non-Communicable Diseases."

I can read Non-Communicable Diseases station signs and write facts down on my chart.

I can view the tar jar and participate in the straw breathing experiment.

Additional Learning:

I can view the GW "Understanding and Preventing Diseases" video clip from Chapter 11.

(Lesson 2: Stress)

Learning Targets: Language Targets

I can read and complete the stress test warm-up figure 4.13

I can read GW Chapter 4 pages 116-120 and write down answers on my worksheet.

Additional Learning:

I can play Stress Bingo with my class. I can list common stress management techniques. I can complete GW Chapter 4 stress worksheets G and/or H.