

6th Grade Health Curriculum

Chapter 1: Health and Wellness

- Wellness and your health
- Influences on health and wellness
- Making choices about your health
- Using life skills to improve health

Chapter 2: Making Healthy Decisions

- Making/examining decisions
- Influences on your decisions
- Setting/reaching your goals
- Goals can change
- Communication skills
- Refusal skills

Chapter 3: Stress Management

- Stress is a natural part of life
- How stress affects you
- Defense mechanisms
- Manage your stress
- Preventing Distress

Chapter 4: Managing Mental and Emotional Health

- Emotions
- Understanding, expressing, coping with emotions
- Mental illness
- Getting help

Chapter 5: Your Body Systems

- Body organization
- The nervous/endocrine system
- The skeletal and muscular system
- The digestive and urinary systems
- The circulatory and respiratory systems
- Caring for your body

Chapter 6: Physical Fitness

- Components/benefits of physical fitness
- How exercise and diet affect fitness
- Testing your fitness
- Your fitness goals
- Injury and recovery
- Exercising caution

Chapter 7: Sports and Conditioning

- Sports and competition
- Conditioning skills
- The balancing act

Chapter 8: Eating Responsibly

- Nutrition and your life
- The nutrients you need
- Making healthy choices
- Body image
- Eating disorders
- A healthy body, a healthy weight