

PETERS TOWNSHIP SCHOOL DISTRICT
CORE BODY OF KNOWLEDGE (CBK)

HEALTH

GRADE 6

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

COURSE DESCRIPTION

The 6th grade health course will comprise of various wellness topics which include the health triangle, safety, mental health, human growth and development, and non-communicable diseases. The course will be taught during one of the 6th grade rotations which consist of 24 total classes.

STUDY SKILLS

- Review the unit study guides that are provided
- Come to class prepared with appropriate materials: health folder, pencil, assignment book, etc.
- Keep up with assigned homework and projects

MAJOR UNIT THEMES:

1. WELLNESS

- Physical, mental, and social parts of the health triangle
- Risk factors and behaviors that can affect you overall health
- Media's influence on our perception of health
- How to prevent and reduce the risk of injury
- Safety facts in the following areas: gun safety, sun safety, and internet safety
- Steps to the decision making process

2. MENTAL HEALTH

- Defining mental and emotional health
- Identifying the different types of stress
- How stress can have a physical impact on the body
- Diagram of the "fight or flight" response
- Ways to reduce or manage stress
- Chart of the six-step decision making process

3. NON-COMMUNICABLE DISEASES:

- Defining non-communicable diseases
- Risk factors for non-communicable diseases
- Student research and presentations on the following non-communicable diseases: Asthma, Cancer, Heart Disease, Diabetes I, and Diabetes II
- The difference between Type I and Type II diabetes

4. HUMAN GROWTH AND DEVELOPMENT:

- Physical, mental, and social changes which occur during adolescence and puberty
- Diagrams of the female and male reproductive systems
- Anatomical names and functions of the organs of the female and male reproductive system
- Responsibility for personal health and hygiene
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- Vocabulary related to human growth and development: fertilization, hormones, menstruation, puberty

MATERIALS (and Supplemental materials used in course):

- “Teen Health” *Safety and a Healthy Environment*, Glencoe, 2014.
- “Teen Health” *Mental Health*, Glencoe, 2014.
- “Teen Health” *Noncommunicable Diseases*, Glencoe, 2014.
- “Teen Health” *Health During the Life Cycle*, Glencoe, 2014. (teacher resource only)
- “Teen Health” *Your Body Systems*, Glencoe, 2014. (teacher resource only)

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