



Diocese of Greensburg Curriculum Health Grade 6

Unit	Standards	Content	Skills
<p>Knowing Yourself and Goal Setting</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <ul style="list-style-type: none"> • education • socioeconomic <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Explain the media’s effect on health and safety issues.</p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Goals • Consequences • Self Concept • Interest • Aptitude • Attitude • Wellness • Self-Esteem • Compete • Cooperate 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Describe the difference between short and long term goals. • Identify how short term goals lead to the success of long term goals. • Identify the difference between aptitude and attitude. • Define self-esteem and self-concept. • Identify and define SMART goals. (Specific, Measurable, Attainable, Realistic, and Timely)
<p>Body Systems and How they Work</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health</p>	<ul style="list-style-type: none"> • Nervous System • Muscular System • Digestive System • Cells 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Label the systems of the body

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	<p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Identify and describe the structure and function of the major body systems.</p> <ul style="list-style-type: none"> • nervous • muscular • integumentary • urinary • endocrine • reproductive • immune <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Tissue • Organ • Body System • Saliva • Pancreas • Bile Gallbladder • Cartilage • Neurons • Cerebrum • Cerebellum • Hemispheres 	<ul style="list-style-type: none"> • Sequence the digestive system • Relate how the systems interact within our bodies • Describe the functions of each system • List the organs involved within the systems • List the levels or organization (cells, tissues, organs)
<p>Growth and Change</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <ul style="list-style-type: none"> • education • socioeconomic <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Fertilized Cell • Sperm Cells • Ovum • Growth Spurt • Endocrine System • Endocrine Glands • Hormones • Pituitary Gland • Thyroid Gland • Adrenal Glands • Gonads • Puberty • Adolescence • Heredity • Inherited Traits • Chromosomes • Genes <ul style="list-style-type: none"> ○ Dominate ○ Recessive • Metabolism 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Identify male and female reproductive cells and how they become fertilized • Describe the stages of cell division • Identify differences in growth patterns between boys and girls • Identify the body system that directs growth and its function • Describe how hormones are produced and how they work • Identify and explain the function of male and female gonads • Describe changes that occur during puberty • Identify and describe the role that genes play in the body

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<p>Drug and Alcohol Prevention</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Vaping • Opioids • Neurons • Short-term Effects • Long-term Effects • Endorphins • Overdose • Heroin • Fentanyl and Carfentanyl • Marijuana • Synthetics • Nicotine • Tobacco • Alcohol • Cocaine • DUI • UAD • Stimulants • Depressants • Hallucinogens • Inhalants • Peer-Pressure 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Describe the short and long term negative effects of opioid misuse on the body • Differentiate between how endorphins and opioids affect the body • Demonstrate how opioid use affects the nervous system and body by developing a social media campaign and presenting it to classmates • Describe the effects of stimulants, depressants, inhalants, and hallucinogens • Identify the consequences of DUI and UAD • Identifying the dangers of vaping
<p>Taking Care of Personal Health/Safe Environment</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 6</p> <hr/> <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Explain the relationship between health-related information and consumer choices. • dietary guidelines/food selection • sun exposure guidelines/sunscreen selection</p> <p>C. Explain the media’s effect on health and safety issues.</p>	<ul style="list-style-type: none"> • <i>Protection of eyes, skin, and ears</i> • <i>Care of teeth and skin</i> • <i>Harassment</i> • <i>Abuse</i> 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Identify parts of the tooth and how healthy dental habits prevent health issues • Describe the vision problems that can occur, and how they can be corrected • Identify ways of protecting and caring for eyes and ears • Describe how the media and advertisements can be helpful or misleading • Describe how to find/contact qualified medical personnel

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	<p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply safe practices in the home, school and community. • emergencies (e.g., fire, natural disasters) • personal safety (e.g., home alone, latch key, harassment) • communication (e.g., telephone, Internet) • violence prevention (e.g., gangs, weapons)</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Explain the importance of reading a label • Describe behaviors that are recognized as harassment & bullying • Recognize similarities between different types of abusive behavior • Recognize the differences between child abuse and discipline or accidental harm • Respect their own and everyone's right to be safe

