



JC Schools 6th Grade Health Yearly Standards

Units	Priority Standards	Supporting Standards
Unit 1: Growth and Development 18 days	<p>6.ME.1.A Identify body changes during puberty and proper hygiene practice(e.g. acne)</p> <p>6.ME.1.B Identify various health needs during adolescence (e.g., mental, emotional, social, and physical, hygiene)</p> <p>6.ME.1.C Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical activity, hormones, disease)</p>	<p>6.FS.1.B Classify the three different types of muscle tissue(smooth, cardiac, skeletal) and differentiates between voluntary and involuntary muscle movement</p> <p>6.FS.1.C Differentiate among the types of joints in the skeletal system (e.g. ball and socket, hinge, gliding, pivot, movable and immovable)</p> <p>6.FS.1.F Illustrate airflow through the respiratory system and its relationship to the circulatory system</p> <p>6.FS.1.G-1,2 1.Investigate how environment affects learning 2.Distinguish between the CNS and PNS (Central Nervous System and Peripheral Nervous System)</p> <p>6.FS.1.H Identify the function of each organ in the digestive system (e.g., stomach-digestive juices, pancreas-insulin, gall bladder-storage of bile, liver-removes toxins, small intestines-absorbs nutrients, large intestines-removes solid waste) as it relates to overall health</p> <p>6.FS.1.J</p>

		<p>Describe how the endocrine system affects all other body systems</p> <p>6.FS.1.K Describe how hormones are responsible for the development of secondary sex characteristics and for the production and release of reproductive cells, allowing the opportunity for fertilization</p> <p>6.FS.1.L Label the major components (i.e., lymph nodes, lymph vessels, tonsils, thymus, spleen) and identify the functions of the lymphatic system (e.g., recognizes and destroys invading pathogens, immunity)</p> <p>6.ME.2.A Describe and differentiate the contribution specific nutrients make towards growth repair, and cellular needs of the body: fats provide the body with a stored form of energy, warmth and insulation for body organs; carbohydrates provides the body with an immediate source of energy; proteins help the body grow, make muscles strong and repair body tissues; vitamins and minerals help to release energy and help the body fight infections making strong bones and teeth</p> <p>6.ME.3.A Recognize that fads, quackery, and advertising can influence health behaviors and practices</p> <p>6.ME.2.B Discuss the misconceptions projected by society in regard to body image</p> <p>6.ME.2.C Identify allergy information on food labels</p>
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<p>Unit 2: Drugs 14 days</p>	<p>6.RA.3.C-1,2,3 1.Classify drugs based on their effect on the body (e.g., stimulant, depressant, hallucinogen, narcotic)</p> <p>2.Differentiate among various types of drugs and their effect upon the body including the following: how the drug enters the body; how the drug interacts with body chemistry</p> <p>3.Present different opinions and arguments about the effects of TAOD on individuals, family, and society</p>	<p>6.RA.3.A Describe the short and long-term effects of performance enhancing drugs</p> <p>6.RA.3.B Differentiate between over the counter (OTC) and prescription drugs, their purpose, precautions and guidelines for use</p> <p>6.FS.2.A-1,2 1.Differentiate between negative and positive peer pressure and discuss reversal techniques</p> <p>2.Evaluate ideas and perspectives regarding the influence that family, friends, and culture have on health choices and behaviors during adolescence</p> <p>6.FS.2.C-1,2 1.Describe how to constructively manage feelings caused by disappointment, stress, separation or loss</p> <p>2. Model healthy communication skills through exchange of information, questions, and ideas while recognizing the</p>

		<p>perspective of others</p> <p>6.ME.4.A Recognize that life management skills (e.g., stress management, goal setting, decision making, assertive behavior, resisting peer pressure, and conflict resolution) can be applied to personal situations that adolescents encounter</p> <p>6.ME.4.B Apply and assess conflict/mediation strategies to a variety of conflict situations</p> <p>6.ME.4.C Evaluate current assets (positive influences in one's life) and determine ways to enhance those qualities</p> <p>6.ME.4.D Describe positive stress management skills to reduce stress related problems</p> <p>6.ME.4.E Formulate a personal and school-wide plan(s) to address and reduce bullying</p>
<p>Unit 3 First Aid 10 days</p>	<p>6.RA.2.B Recognize basic aid techniques that help save lives, reduce the severity of an injury and enhance recovery</p>	<p>6.RA.2.C Apply concepts about weather safety (recognize and attend to changing conditions), exercise precautions during activities, and follow appropriate safety rules and use of equipment</p> <p>6.RA.2.D Investigate the community agencies that provide water safety courses</p> <p>6.ME.3.C-1,2 1. Recognize how the collaboration efforts of individuals, communities, and government affect the health of a community (e.g., recycling effort, pollution centers)</p>

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