

Sixth Grade Health Syllabus
North St. Paul – Maplewood – Oakdale School District 622
John Glenn Middle School

Nine week Course

Standards met: **National Health Standards** provided by the **American Association for Health Education**. The National Health Standards 6th grade health addresses are: NS #1, 4, & 5 and are listed in the curriculum section of this document. You will see them as NS #1, etc.

Course Description:

Health is taught as a nine-week course in conjunction with physical education, and is taught by the same teacher. The focus of this course will be body systems (skeletal, muscular, digestive), personal development (bullying), tobacco/alcohol/drugs (introduction), human sexuality (puberty, system map overview, abstinence-based). Class activities will include, but not be limited to reading, discussions, appropriate power point and video presentations, and hands-on activities that complement the units being studied.

Essential Outcomes Health Education
6th Grade

The student will be able to:

1. Identify the basic structures of the skeletal, muscular and digestive systems.
2. Describe the physical, social and emotional changes that accompany the onset of puberty.
3. Identify drugs, alcohol and tobacco and the effects they have upon their mental, social and physical well-being.
4. Describe ways to reduce risks related to common health problems among adolescents.
5. Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
6. Describe how the family, school, and peers influence the health and health behaviors of adolescents.

Course Outline:

6th Grade Health Topics:

- Skeletal System
- Muscular System
- Digestive System
- Personal Development –conflict, stress & bullying
- Tobacco – Introduction
- Alcohol and other drugs
- Human Sexuality
 - Puberty
 - System Map (overview)

Abstinence-based

How will I teach this?

- Use 6th – 8th Grade Health Education Instructional framework
- class discussions/activities
- hands-on activities
- guided practice
- guest speakers
- current events
- researching internet/CD ROM
- multi-media presentations

Course Requirements:

The following materials are needed for health education class:

1. pencil or pen
2. paper or notebook
3. two pocket folder with clasps for paper
4. colored pencils

You are responsible for your health grade. Write all of your assignments in your agenda. Take pride in the work you turn in. Quality is expected in both content and writing. Turn your assignments in on time. If you are absent: check with a classmate about any missed work first. If they cannot tell you, check with your teacher. Students who have been absent have three days to complete and turn in any missing assignments for full credit.

Class activities will include reading, discussions, hands-on activities that complement the unit being studied and appropriate power point and video presentations.

Homework will be required for some units and must be turned in on the assigned date for full credit. Quizzes and tests will also be used for assessment.

Grading Procedures:

Health grades are calculated on a point system where each point earned contributes equally to your final grade. Points earned include: attendance, behavior, daily participation in class activities, daily work, quizzes, & tests

90% of the quarter total = the A range

80 – 89% = the B range

70 – 79% = the C range

60 – 69% = the D range

any score below 60% is not passing.

Text And Other Resource Material:

Decisions for Health Level Green, copyright 2007 Holt-Reinhart-Winston

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