



Health and Physical Education 6

Course Summary:

The Health and Physical Education course will provide the student with the foundation for concepts and skills necessary for lifelong health and physical fitness. In the health portion of the course, the student will be introduced to and assessed on various topics ranging from body systems to proper nutrition and fitness, as well as understanding what it means to be healthy. The student will also be introduced to skills that can be applied toward healthy behaviors. The physical education portion of the course will offer great freedom as the student will be able to choose a physical education regimen that will fit the student's individual needs. The student will be given a choice of three paths that place emphasis on lifelong activities as well as current fitness trends. Physical education lessons are geared toward a "physically fit" lifestyle that will aid the student in the years to come and ensure a higher quality of life.

Course Outline

1. Your Health and Wellness

1. Overall Health

- Identify the three parts of the health triangle
- Describe the relationship between overall health and wellness
- Explain the importance of maintaining balance among your physical, mental/emotional, and social health

2. Factors Affecting Your Health

- Identify factors that affect your health
- Explain how your behavior and choices play a role in your health
- Describe how your health is affected by your behavior
- Identify ways to prevent heart disease, cancer, and diabetes

3. Alcohol: Dangerous Drinking

- Identify skills that help you maintain a healthy life
- Explain the importance of healthy life skills
- Identify strategies to prevent injuries and be safe in cars and public places and on the Internet
- Identify ways to reduce illness at home and at school

4. Responsible Decision Making

- Identify the steps involved in making responsible decisions
- Explain the importance of values when making decisions
- Practice good decision-making skills

5. Create Your Health Goals

- Explain the importance of having goals
- Describe the steps of setting goals
- Develop a plan to achieve your goals

2. Your Character Counts

1. A Healthy Self-Concept

- Describe your self-concept

- Identify what influences your self-concept
 - Explain how you can build a healthy self-concept
 - Analyze how media can affect body image
2. Your Character Counts
 - Identify good character traits
 - Explain how character is developed
 - Describe what defines good character
 3. Expressing Emotions
 - Explain what causes emotions
 - Express strong feelings in a healthy way
 - Discuss the importance of teen abstinence
 4. Stress is All Around Us
 - Explain what stress is
 - Describe how stress affects the body
 - List strategies for managing stress
 5. Emotional Problems
 - Describe the different types of emotional problems
 - Recognize key warning signs of suicide
 - Identify resources for help with emotional problems
 - Collect and promote resources that can help with mental health issues

3. **Healthy Relationships**

1. Communication Skills
 - Explain the various ways people communicate
 - Describe how to become a better speaker and listener
 - Identify the three communication styles
 - Explain why it is important to understand the feelings and ideas of others
 - Demonstrate ways to show respect for individual differences, opinions, and beliefs
2. Your Family
 - Recognize various types of family structures
 - Identify your family role
 - Explain how members of a family care for each other
3. Friends and Peers
 - Describe effects of bullying and cyberbullying and the risk of harm with long-term bullying
 - Recognize how family, peers, community, and the media contribute to stopping bullying and cyberbullying
 - Develop a plan to remain safe and prevent injury, including avoiding dangerous behaviors online and in the community
 - Analyze how peer groups become successful
4. How to Use Refusal Skills
 - Identify how to resist peer pressure using refusal skills
 - Demonstrate negative peer pressure refusal skills
 - Explain and understand the meaning of a gang and identify gang-related behaviors
 - Explain how friends or trusted adults are important in avoiding gang involvement
 - Explain how setting boundaries is important for physical, emotional, and social health
5. Resolving Conflicts
 - Explain the reason for conflicts

- Describe methods of protecting yourself from violence
- Discuss negotiation strategies for resolving conflicts
- Analyze how media influences contribute to conflicts

4. **Nutrition**

1. Nutrients Your Body Needs

- Identify the six main nutrient groups
- Determine the proper foods you can eat to obtain nutrients
- Analyze a recipe for key nutrients
- Compare the recommended daily amounts of nutrients for teenage boys and girls

2. Guidelines for Eating Healthy

- Identify the five food groups
- Discuss the proper use of the MyPlate food guidance system
- Demonstrate how to use the MyPlate to plan a nutrient-rich meal
- Compare the recommended daily amounts of nutrients for teenage boys and girls

3. Healthy Choices

- Recognize what influences your food choices
- Interpret guidelines for choosing healthy foods
- Explain how healthy weight is maintained
- Examine the various eating behavior problems
- Explain foods that may cause an allergic reaction
- Interpret food labels to identify foods that may cause allergic reactions
- Promote the understanding of how food allergies affect people

5. **Personal Health**

1. Your Teeth, Skin, and Hair

- Demonstrate how to keep your teeth and gums healthy
- Discuss examples of how to take care of your skin
- Describe the proper care for hair and nails

2. Protecting Your Eyes and Ears

- Outline proper care for your eyes and ears
- Demonstrate how to protect your hearing

3. Choosing Health Products

- Explain influences on your consuming choices
- Demonstrate how to wisely choose health products
- Evaluate how consumer choices are influenced by the media

4. Using Medicines Responsibly

- Explain the benefits of medicine
- Evaluate how advertisements and commercials can influence choices about medicines
- Interpret medicine label information

5. Health Care in Your Community

- Distinguish between the different types of health care providers
- Outline the importance of regular health checkups
- Explain the impact specific vaccines have on personal and community health
- Explain how the Environmental Protection Agency and local groups protect the environment
- Identify actions that promote health and prevent diseases such as cancer, heart disease, and diabetes

6. First Aid and Safety

- Explain strategies for responding to injuries

- Determine what kind of medical assistance is needed for common injuries
- Outline the steps to help someone who is bleeding
- Demonstrate the universal sign for choking
- Describe how to help a burn victim
- Describe safety drill procedures for emergency situations

6. Human Body Systems

1. Your Cells and Systems

- Connect the body's building blocks
- Classify the major body systems and describe their functions
- Identify and describe the major structures and functions of the excretory system

2. Bones and Muscles Working Together

- Classify the parts and functions of the skeletal system
- Examine the parts and functions of the muscular system
- Discover ways to protect the bones and muscles

3. The Digestion and Elimination Cycle

- Relate the parts and functions of the digestive system
- Relate the parts and functions of the excretory system
- Summarize ways to care for the digestive and excretory systems
- Identify and describe the major structures and functions of the excretory system
- Describe the importance of drinking water to support kidney function

4. Heart, Lungs, and Nerves Working Together

- Describe how blood circulates through the body
- Investigate how your nervous system controls body functions
- Examine environmental factors that influence respiratory health

7. Tobacco

1. The Dangers of Tobacco

- Outline how tobacco damages your health
- Illustrate how tobacco leads to addiction

2. Teen Tobacco Use

- Describe influences that contribute to teens trying tobacco
- Connect negative influences to teen tobacco use

3. Free From Tobacco

- Simulate how to say no to tobacco
- Outline methods of giving up tobacco use

8. Using Alcohol and Other Drugs

1. Alcohol: Dangerous Drinking

- Relate how alcohol affects the body and the mind
- Investigate why some teens use alcohol
- Describe how commercials try to persuade people to drink alcohol

2. The Dangers of Alcohol Use

- Investigate the alcohol cycle of addiction
- Establish the health risks of drinking during pregnancy
- Outline alcohol-free strategies to reduce stress
- Describe characteristics and behaviors of people who have substance-use disorders

3. The Look of Illegal Drug Use

- Recognize the dangers of illegal drugs
- Compare marijuana and inhalant risks
- Classify the harmful effects of drug abuse

- Correlate recovery and withdrawal
- Summarize treatments for drug addicts
- Describe characteristics and behaviors of people who have substance-use disorders
- Identify differences between legal and illegal opioids