



Recommended 6th Grade Curriculum Framework

Content: Health Education – Grade 6						
Topic: Health Strategies (Weeks 2 and 3)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.8.1 The use of appropriate strategies (e.g., assertiveness, refusal skills, decision-making techniques) are positive ways to cope with peer pressure.</p> <p>PL-M-1.8.2 Strategies (e.g., studying in advance; talking with counselors, parents, and/or friends; planning; getting ample rest; eating properly) for managing stressful situations (e.g., test taking, deadlines, change, grief, rejection) reduce anxiety.</p> <p>PL-M-1.8.3 Strategies (e.g., walking away, communication skills, conflict resolution) for preventing violence vary with the situation.</p> <p>PL-M-1.8.4 Using appropriate coping strategies (e.g., realistic goal-setting, effective time management, decision-making processes) promotes mental and emotional health.</p>	<p>Mental Wellness AE 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Use strategies to manage stress. • Apply interpersonal relationship skills which contribute to emotional wellness. • Plan strategies for avoiding substance abuse and other addictive behaviors. <p>POS-HE-6-18 Students will analyze consequences and risks of choices (e.g., smoking, drinking, other drug use).</p> <p>POS-HE-6-19 Students will develop strategies to cope with peer pressure and potential rejection.</p>					

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<p>PL-M-1.7.2 There are consequences and risks of behavioral choices (e.g., tobacco, alcohol, and other drug use; sexual involvement; violent behaviors) and alternatives to situations faced by adolescents.</p> <p>PL-M-1.3.4 There are risks associated with unhealthy habits and behaviors (e.g., substance use/abuse, dietary habits, irregular exercise habits, sexual activity) that affect the physical health of adolescents.</p>	<p>POS-HE-6-20 Students will develop short-term personal goals to assist in achieving long-term goals.</p> <p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none">• Select behaviors and make lifestyle choices to prevent or minimize the risk of disease. <p>POS Assess personal health practices (e.g., diet; rest; exercise; personal cleanliness; care of eyes, ears, teeth, skin).</p>					

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