

Curriculum Map: 6th Grade Health

Course: HEALTH 6 Sub-topic: General

Grade(s): 6

Course Description: This course will provide students with the knowledge and skills they will required to becomes mentally, emotionally, and physically healthy adolescents. The course will help students develop self-esteem, communication skills, assertive rights, and decision-making skills to help them face the challenges of today's youth.

Unit: Health and Wellness

Topic: Lesson 1.1 Introduction to Health and Wellness

Minutes for Topic: 41

Topic: Lesson 1.2 Positive and Negative Aspects of Health

Minutes for Topic: 41

Topic: Lesson 1.3 Improving Health to Reach Wellness

Minutes for Topic: 41

Unit: Self-Image and Self-Improvement

Topic: Lesson 2.1 What is Self-Image and How it is Formed

Minutes for Topic: 41

Topic: Lesson 2.2 How to Identify My Strengths and Weaknesses

Minutes for Topic: 41

Topic: Lesson 2.3 How to Improve My Self Image

Minutes for Topic: 41

Topic: Lesson 2.4 Self-Improvement Project

Minutes for Topic: 41

Topic: Lesson 2.5 Hey It's Me Project

Minutes for Topic: 123

Unit: Making Decisions

Topic: Lesson 3.1 What is Decision-Making

Minutes for Topic: 41

Topic: Lesson 3.2 Who Influences My Decisions and How

Minutes for Topic: 41

Topic: Lesson 3.3 Practicing the 3 C's of Decision-Making

Minutes for Topic: 41

Unit: Tobacco

Topic: Lesson 4.1 What is Tobacco

Minutes for Topic: 41

Topic: Lesson 4.2 Dangers of Using Tobacco

Minutes for Topic: 41

Topic: Lesson 4.3 Why Do People Use Tobacco and Why it is Important to Avoid Tobacco

Minutes for Topic: 41

Unit: Alcohol

This Curriculum Map Unit has no Topics to display

Unit: Advertising and Media Influences

This Curriculum Map Unit has no Topics to display

Unit: Coping with Challenging Emotions

This Curriculum Map Unit has no Topics to display

Unit: Communication Skills and Resolving Conflicts

This Curriculum Map Unit has no Topics to display

Unit: Social Skills

This Curriculum Map Unit has no Topics to display

Unit: Assertiveness and Peer Pressure

This Curriculum Map Unit has no Topics to display

Unit: Empathy

This Curriculum Map Unit has no Topics to display

Unit: Relationships

This Curriculum Map Unit has no Topics to display

Unit: Goal Setting

This Curriculum Map Unit has no Topics to display