



INSPIRE • INNOVATE • ENGAGE

NORTH SHORE

SCHOOL DISTRICT 112

6th Grade Health & Physical Education

- Acquire safe movement skills
- Understand concepts needed to engage in health enhancing physical activity
- Achieve and maintain a health enhancing level of physical fitness
- Identify how positive health practices and relevant health care can help reduce health risks
- Describe and explain the factors that influence health among individuals, groups, and communities
- Explain routine safety precautions in practical situations
- Identify and describe ways to reduce health risks common to adolescents (e.g.: refusal of harmful substances)
- Explain the effects of health related actions upon body systems (ie: avoid smoking, alcohol use and other drug use)
- Describe the relationship among physical, mental, and social health factors during adolescence (eg: the effects of stress on physical and mental performance, effect of nutrition on growth)
- Explain the basic principles of health promotion, illness prevention, and safety including how to access valid information, products, and services
- Describe factors that affect growth and development