

**6th Grade Health Weekly Lessons:
March 16-June 3**

Essential Questions: What is healthful weight? What are reasons to maintain a healthful weight?

Warm Up: Discuss how every person's healthful weight is different.

Skills/Competencies Addressed: Start reading and discussing page B59-63. The students will learn vocabulary words (healthful weight, underweight, overweight, obesity, fad diet, body composition and bmi (body mass index)).

Classroom Activity/Assignment: Students will complete the healthful weight worksheet.

Essential Questions: What is body image? What factors influence body image? What are treatments for eating disorders?

Warm Up: Review healthful weight and the importance of positive body image.

Skills/Competencies Addressed: We will read and discuss pages B65-69. The important words for this lesson are, body image, eating disorder, anorexia, bulimia and binge eating disorder.

Classroom Activity/Assignment: Students will complete the body image worksheet.

Essential Questions: What is body image? What factors influence body image? What are treatments for eating disorders? What is healthful weight? What are reasons to maintain a healthful weight?

Warm Up: Remind the students about healthful weight and body image as they complete their work.

Skills/Competencies Addressed: The students will use their book to answer the questions on the review B59-69.

Classroom Activity/Assignment: Students will complete a healthful weight and body image review. I will then review with them. They will take the test in the next health class.

Essential Questions: How do you make a responsible decision? What is peer pressure?

Warm Up: Discuss the importance of responsible decision making.

Skills/Competencies Addressed: We will read and discuss pages A19-21. The important words for this lesson are, priority, peer pressure and resistance skills.

Classroom Activity/Assignment: Students will complete the responsible decision making worksheet.

Essential Questions: What are emotions and stress?

Warm Up: Discuss how emotions are an important part of our daily lives and how to deal with stress in a positive manner.

Skills/Competencies Addressed: We will read pages A23-29. The important vocabulary words for this section are; stress, stressor, adrenaline, eustress, distress, depression and grief.

Classroom Activity/Assignment: Students will complete the emotions and stress worksheet. They will complete a review and take a test at the end of the unit and as time allows.

