

Health & PE, 6th Grade Health

Course Standards

Functions and Interrelationships of Systems	
1. Structure and Functions of the Body	
B. Muscular System	
FS.1.B.6.a	a. Classify the three different types of muscle tissue (smooth, cardiac, skeletal) and differentiate between voluntary and involuntary muscle movement
C. Skeletal System	
FS.1.C.6.a	a. Differentiate among the types of joints in the skeletal system (e.g., ball and socket, hinge, gliding, pivot, moveable, and immovable)
F. Respiratory System	
FS.1.F.6.a	a. Illustrate air flow through the respiratory system and it's relationship to the circulatory system
G. Nervous System	
FS.1.G.6.a	a. Investigate how environment affects learning
FS.1.G.6.b	b. Distinguish between the CNS and PNS (Central Nervous System and Peripheral Nervous System)
H. Digestive System	
FS.1.H.6.a	a. Identify the function of each organ in the digestive system (e.g., stomach digestive juices, pancreas insulin, gallbladder storage of bile, liver removes toxins, small intestines absorbs nutrients, large intestines removes solid waste) as it relates to overall health
J. Endocrine System	
FS.1.J.6.a	a. Describe how the endocrine system affects all other body systems
K. Reproductive System	
FS.1.K.6.a	a. Describe how hormones are responsible for the development of secondary sex characteristics and for the production and release of reproductive cells, allowing the opportunity for fertilization
L. Lymphatic -Immune System	
FS.1.L.6.a	a. Label the major components (i.e., lymph nodes, lymph vessels, tonsils, thymus, spleen) and identify the functions of the lymphatic system (e.g., recognizes and destroys invading pathogens, immunity)
2. Social, Emotional and Mental Health	
A. Influence of Family and Peers	
FS.2.A.6.a	a. Differentiate between negative and positive peer pressure and discuss reversal techniques
FS.2.A.6.b	b. Evaluate ideas and perspectives regarding the influence that family, friends, and culture have on health choices and behaviors during adolescence
C. Communication Skills	

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FS.2.C.6.a	a. Describe how to constructively manage feelings caused by disappointment, stress, separation or loss
FS.2.C.6.b	b. Model healthy communication skills through exchange of information, questions, and ideas while recognizing the perspective of others
Health Maintenance and Enhancement	
1. Personal and Family Health	
A. Personal Health	
ME.1.A.6.a	a. Identify body changes during puberty and proper hygiene practices (e.g., acne)
B. Preventive Care	
ME.1.B.6.a	a. Identify various health needs during adolescence (e.g., mental, emotional, social, and physical, hygiene)
C. Growth and Development	
ME.1.C.6.a	a. Compare and contrast factors that can affect growth and development which one can alter, enhance, or adapt (e.g., heredity, family, environment, physical activity, hormones, disease)
2. Nutrition	
A. Essential Nutrients and Food Groupings	
ME.2.A.6.a	a. Describe and differentiate the contribution specific nutrients make towards growth repair, and cellular needs of the body: fats provide the body with a stored form of energy, warmth and insulation for body organs; carbohydrates provides the body with an immediate source of energy; proteins help the body grow, make muscles strong and repair body tissues; vitamins and minerals help to release energy and help the body fight infections making strong bones and teeth
B. Balance, Variety and Moderation	
ME.2.B.6.a	a. Discuss the misconceptions projected by society in regard to body image
C. Food Labels	
ME.2.C.6.a	a. Identify allergy information on food labels
3. Consumer Health and Safety	
A. Media Influence on Health Habits and Decisions	
ME.3.A.6.a	a. Recognize that fads, quackery, and advertising can influence health behaviors and practices
C. Community Services/Careers	
ME.3.C.6.a	a. Recognize how the collaboration efforts of individuals, communities, and government affect the health of a community (e.g., recycling effort, pollution centers)
ME.3.C.6.b	b. Identify and explore health related careers