

## **Sixth Grade Health Lessons (revised 2019-2020)**

The state of Kansas revised the Health Standards in July of 2018. The new standards will be used this school year to evaluate curriculum and resources. Please continue to use the current curriculum and text. The sequence of the lessons can be determined by the classroom teacher. Goodheart-Willcox is the publishing company. The text is called Essential Health Skills for Middle School and is the adopted health book for the USD497.

### **Human Sexuality Standards (revised 2018)**

Puberty: Explain the physical, social, and emotional changes that occur during puberty and adolescence.

Reproductive Systems: Identify medically accurate information about female and male reproduction and anatomy. Investigate the processes involved in human reproduction including the female reproductive cycle, the process of fertilization, and the early stages of human development.

Consent: Define and practice consent and refusal skills.

### Unit 7 The Body and How it Develops

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health

- Unit 5 Protecting Your Physical Health and Safety (Lessons 11.1, 11.4, 11.5)
- Unit 3 Nutrition and Physical Fitness (Lessons: 6.1, 6.2, 6.3, and 6.4)
- Unit 3 Nutrition and Physical Fitness (Lessons 7.1, 7.2, 7.3, and 7.4)

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors

- Unit 6 Social Health and Wellness (Lessons: 14.1, 14.2, 14.3, 14.4, and 15.1)

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health

- Unit 1 Taking Charge of Your Health and Wellness (Lessons: 1.3)
- Unit 4 Understanding and Avoiding Hazardous Substances (Lessons: 8.1, 8.2, 9.1, and 9.2)
- Vaping Presentation from Lawrence Douglas County Health Department

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

- Unit 1 Taking Charge of your Health and Wellness (Lessons: 3.1, 3.3)

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health

- End of unit(s) Think Critically

Standard 6: Demonstrate the ability to use goal setting and decision-making skills to enhance health

- Unit 2 Promoting Mental and Emotional Well-Being (Lessons: 4.1, 4.3, 5.3)
- Presentation from the mental health team

Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks

- Unit 5 Protecting Your Physical Health and Safety (Lessons: 11.1, 11.2, 12.1, 12.2, 13.1)

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

- Unit 2 Promoting Mental and Emotional Well-Being (Lessons: 4.1)