

**LITCHFIELD PUBLIC SCHOOLS**  
**Core Curriculum Scope and Sequence**  
**Health Education Grade 6**

	<b>CT Frameworks/ Standards</b>	<b>Content and Skill Objectives</b> Students will be able to:	<b>Assessments</b>	<b>Resources</b>
<b>Nutrition/ Fitness (2 Classes)</b>	<p>M.1.5. Analyze ways in which the environment and personal health are interrelated</p> <p>M.1.6. Use appropriate strategies to prevent/reduce risks and promote well-being</p> <p>M.1.7. Explain how appropriate health care can prevent premature death and disability</p> <p>M.2.2. Demonstrate the ability to locate and use resources from home, school and community that provide valid health information, products and services</p> <p>M.2.3. Examine factors that may influence the personal selection of health information, products and services</p> <p>M.7.1. Use the goal-setting process to enhance health</p>	<ul style="list-style-type: none"> <li>• Access nutritional guides.</li> <li>• Locate valid health information.</li> <li>• Describe what food items are needed to have a healthy diet</li> <li>• Create healthy eating and physical activity goals</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading articles</li> </ul>	<p>Health Education Comprehensive Physical Education 2006</p>

<p><b>Germs/Infectious Diseases (2 Classes)</b></p>	<p>M.1.6. Use appropriate strategies to prevent/reduce risks and promote well-being</p> <p>M.3.1. Explain the importance of assuming responsibility for personal health behaviors</p> <p>M.3.2. Examine personal health status to determine needs</p> <p>M.3.3. Distinguish between safe, risky or harmful behaviors involving themselves and/or others</p> <p>M.3.4. Apply strategies to improve or maintain personal and family health by examining influences, rules and legal responsibilities that affect decisions</p> <p>M.3.5. Examine and apply safety techniques to avoid and reduce injury and prevent disease</p>	<ul style="list-style-type: none"> <li>• Describe the main body systems</li> <li>• Describe ways to keep systems functioning properly</li> <li>• Describe how systems work together to function</li> <li>• Understand common infectious diseases</li> <li>• Understand the harmful effects infectious diseases have on the body</li> <li>• Describe ways to protect themselves from infectious diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading articles</li> </ul>	<p>Health Education Comprehensive Physical Education 2006</p>
		<ul style="list-style-type: none"> <li>• Know how to protect oneself from specific germs and diseases</li> <li>• Understand the precautions</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading</li> </ul>	<p>Health Education Comprehensive Physical Education 2006</p>

		<p>needed to staying healthy from germs.</p> <ul style="list-style-type: none"> <li>• Describe the transmission of germs</li> <li>• Understand the difference between viral and bacterial infections</li> <li>• Classify various common infections</li> </ul>	articles	
<b>Self Esteem (2 Classes)</b>	<p>M.4.1. Examine the influence of family beliefs and cultural beliefs on personal health behaviors</p> <p>M.4.2. Analyze how media, technology and other factors influence personal health behaviors</p> <p>M.4.3. Analyze how family, school and peers influence personal health</p> <p>M.5.1. Apply effective verbal and nonverbal communication skills as a means of enhancing health</p> <p>M.5.2. Use characteristics needed to be a responsible</p>	<ul style="list-style-type: none"> <li>• Express positive emotions</li> <li>• Discover the positive characteristics one has</li> <li>• Be comfortable with who they are as a person</li> <li>• Understand how negative words and actions can hurt someones self esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading articles</li> </ul>	Health Education Comprehensive Physical Education 2006

	individual within their peer group, school, family and community			
<b>Substance Abuse (2 Classes)</b>	<p>M.3.3. Distinguish between safe, risky or harmful behaviors involving themselves and/or others</p> <p>M.5.1. Apply effective verbal and nonverbal communication skills as a means of enhancing health</p> <p>M.5.2. Use characteristics needed to be a responsible individual within their peer group, school, family and community</p> <p>M.6.1. Use a decision-making process to enhance health</p> <p>M.6.3. Predict how decisions regarding health behaviors have consequences for themselves and others</p>	<ul style="list-style-type: none"> <li>• Illegal vs. legal drugs</li> <li>• Drug Categories</li> <li>• Inhalant Use</li> <li>• How to avoid negative peer pressure</li> <li>• Ways to steer away from risky situations</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading articles</li> </ul>	Health Education Comprehensive Physical Education 2006
<b>Growth and Development (1 Class)</b>	<p>M.5.3. Identify ways in which emotions may affect communication, behavior and relationships</p> <p>M.5.4. Compare and contrast healthy ways to express</p>	<ul style="list-style-type: none"> <li>• Understand body changes.</li> <li>• Know how to keep proper hygiene.</li> <li>• Be able to make healthy relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia tools</li> <li>• Vocabulary words</li> <li>• Relative reading articles</li> </ul>	Health Education Comprehensive Physical Education 2006

	<p>needs, wants and feelings</p> <p>M.5.5. Demonstrate ways to communicate care, empathy, respect and responsibility for others without bias, abuse, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, ancestry, marital status, mental retardation, mental disorder and learning and/or physical disability</p> <p>M.5.6. Use communication skills to build and maintain healthy relationships</p> <p>M.6.2. Describe and analyze how health-related decisions are influenced by using resources from family, school and community</p>	<ul style="list-style-type: none"> <li>• Know how to express their emotions in a healthy manner.</li> </ul>		
--	---	---	--	--