

Syllabus for 6th Grade Health

Overview:

The Middle School Health Curriculum is designed to provide the student with information and learning experiences in order to live healthier lives.

Textbook(s) and Other Resources used: Greenberg, J. & Gold, R. *Holt Health*. Austin: Holt, Rinehart and Winston, 1999.

Decisions for Health. Austin: Holt, Rinehart and Winston, 2004.

Botvin, Gilbert J. *Lifeskills Training Program*. Princeton: Princeton Health Press, 2000.
Project Alert, BEST Foundation for a Drug Free Tomorrow. 1997-2011.

Outline of Content: This is a one semester course which focuses on identity and communication skills that lead to self confidence. The structure and function of major body systems is taught (excluding the reproductive system). The Lifeskills Training Program covering drugs, alcohol and tobacco is included in the course.

First Quarter of each semester

Topics: Communication and Relationships, Knowing Yourself, Body Systems.

Projects, papers, tests-schedule and types: Body Systems unit test..
Worksheets and activity assessments.

Second Quarter of each semester

Topics: Managing emotions, Drug resistance and information program.

Projects, papers, tests-schedule and types: Worksheets and activity assessments.

Grading: Grade is based on the school district's grading policy.