# Semester Curriculum Calendar Grade Level / Course Title: 6th Grade Health

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| **1st Week** | **2nd Week** | **3rd Week** | **4th Week** | **5th Week** |
| **Intro/Health Triangle*** Syllabus/ Rules and Routines of Health Class
* Decision Making 1.1
* Goal Setting 1.2
 | **Interpersonal Communication and Relationships*** Changes of adolescents 2.1
* Responsibilities of Parenthood. 2.2
* Sexual Harassment 2.3
* Conception and the Menstrual Cycle 3.2
 | **Rhase*** Lesson 1
	+ Decision/Goal Setting
* Lesson 2
	+ Healthy vs. Unhealthy Relationships
* Lesson 3
	+ Preventing Sexual Abuse
	+ Building Self-Respect
* Lesson 4
	+ Risks of sexual activity
* Lesson 5
	+ Learning how to say “NO”
 | **Nutrition*** Nutrition Related Disease 1.1
* Food Labels
* Portion and Serving Sizes
 | **Nutrition** * 6 Essential Nutrients/

Calcium Game* Personal Wellness and Nutrition Plan
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| **6th Week** | **7th Week** | **8th Week** | **9th Week** | **10th Week** |
| **Alcohol, Tobacco and Drugs*** Lesson 1 (1.1)
	+ Law, advertising, and policies of selling to teens.
* Lesson 2 (1.2)
	+ Effects of alcohol and other drugs
* Lesson 3 (2.1)
	+ Social and physical consequences of tobacco
 | **Alcohol, Tobacco and Drugs*** Lesson 4 (2.2)
	+ Saying “NO”
	+ Second hand smoke
* Lesson 5 (3.1)
	+ Avoiding tobacco and quitting

  | **Personal and Consumer Health*** Environmental Health
 | **Fitness Testing** | * Independent Project / Make up Work.
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