# 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 |
| **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. |