

Identifier	Poplar - Grade 6 - Health	Introduced	Completed
6 H 1	HEALTH PROMOTION / DISEASE PREVENTION		
6 H 1.01	Explain the impact of personal health behaviors on the functioning of body systems.		
6 H 1.02	Describe how growth and development relate to personal health decisions.		
6 H 1.03	Describe how age, gender, physical activity, lifestyle and heredity affect nutrient needs.		
6 H 1.04	Analyze the physiological and psychological effects of drug usage.		
6 H 1.05	Demonstrate knowledge and strategies for personal safety.		
6 H 1.06	Describe ways to reduce risk factors and increase resiliency related to adolescent health.		
6 H 1.07	Identify laws and regulations made to protect the health of the community.		
6 H 1.08	Identify personal actions that contribute to the deterioration of the environment.		
6 H 1.09	List Symptoms of heart attack.		
6 H 1.10	Define nutrient excess and nutrient deficiency and give an example of each.		
6 H 1.11	Evaluate health practices and describe the consequences of positive and negative health behaviors		
6 H 1.12	Understand that the HIV/AIDS virus destroys the human immune system.		
6 H 1.13	Identify that high-risk behaviors associated with the spread of HIV/AIDS are intimate sexual contact and reusing dirty syringes and needles.		
6 H 1.14	Describe the four major causes of avoidable deaths among Americans today.		
6 H 1.15	Describe the effects of alcohol, tobacco, and drugs.		
6 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
6 H 2.01	Differentiate health concerns as personal responsibility or professional responsibility.		
6 H 2.02	Identify characteristics of scientifically valid health information.		
6 H 2.03	List three health agencies and describe their functions.		
6 H 2.04	Identify several advertising techniques used in media promotion of food, tobacco, alcohol, and health-related products.		
6 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
6 H 3.01	Apply conflict resolution techniques including peer mediation within the school environment.		
6 H 3.02	Analyze the school environment for personal safety and security.		
6 H 3.03	Use appropriate methods of response to negative risk-taking behaviors including suicide, alcohol, tobacco, and other drugs.		
6 H 3.04	Describe and follow rules prohibiting possession of weapons at school and in the community.		
6 H 3.05	Demonstrate compliance with school safety procedures including emergency drills.		
6 H 3.06	Evaluate the role others play in stress.		
6 H 3.07	Perform advanced first aid procedures.		
6 H 3.08	Identify personal strategies to use in unsafe situations.		
6 H 3.09	Explain the basic steps involved in decision-making.		
6 H 3.10	List stress-producing situations.		
6 H 3.11	Identify significant people to help with personal mental or emotional problems.		
6 H 4	INFLUENCES		
6 H 4.01	Analyze how different cultures enrich and challenge health practices.		
6 H 4.02	Evaluate the impact of technology on health and disease prevention.		
6 H 4.03	Critique a variety of consumer influences that affect health decisions.		
6 H 5	INTERPERSONAL COMMUNICATION		
6 H 5.01	Role play decision-making and problem-solving skills, which enhance interpersonal relationships.		
6 H 5.02	Explore the causes of conflict in school and community and demonstrate refusal and negotiation skills.		
6 H 5.03	Demonstrate social skills appropriate to group activities.		
6 H 6	DECISION MAKING / GOAL SETTING		
6 H 6.01	Apply a decision-making process to a significant health issue or problem.		
6 H 6.02	Develop a personal health plan that addresses personal strengths, needs, and health risks.		
6 H 6.03	Compare and contrast the short- and long-term impact of health decisions on the individual and society.		
6 H 6.04	Determine contacts for assistance with health issues.		
6 H 6.05	Plan a day's energy needs using the basic foods groups and appropriate amounts of servings to meet needs.		
6 H 6.06	Develop an exercise plan, that can be ongoing and effective while accommodating personal requirements and limitations.		
6 H 6.07	Strive to improve own personal best.		
6 H 7	PERSONAL AND COMMUNITY HEALTH		

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6 H 7.01	Identify and research a community health issue and develop a plan of action.		
6 H 7.02	Know and follow conduct rules in the physical education facility.		
6 H 7.03	Recognize basic rules that control specific activities.		