

ELKHART COMMUNITY SCHOOLS

GRADE SIX
HEALTH CURRICULUM GUIDE

GRADE 6
HEALTH EDUCATION CURRICULUM GUIDE

See Teacher Resources before each chapter for free materials and helpful websites
www.harcourtschool.com/health

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.1.1 Explain the importance of assuming responsibility for personal health behaviors.	Explains why it is important to assume for engaging in behaviors that prevent injuries.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension
6.1.2 Explain the relationships between personal health behaviors and the prevention of injury, illness, disease, and premature death.	Explains that a balanced diet prevents nutritional deficiencies, helps maintain a healthy weight, and helps prevent heart disease, cancer, and diabetes.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension

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Standard 1: Students will comprehend concepts related to health promotion and disease prevention.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.1.3 Describe the interrelationships of mental, emotional, social, and physical health during adolescence.	Describes how having positive relationships with others helps people develop a positive self concept.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department <li style="padding-left: 20px;">Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension
6.1.4 Explain how personal health behaviors influence the functioning of body systems.	Explains how tobacco smoke contains carbon monoxide that interferes with the ability of the respiratory and circulatory systems to deliver oxygen to the body and negatively affects athletic performance.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department <li style="padding-left: 20px;">Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension

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Indicator	Example	Instructional/Assessment Strategy	Resource
6.1.5 Describe how one's surroundings influence mental, emotional, social, and physical health.	Describes how one's community influences the mental, emotional, social, and physical health of young people (e.g., safe places for young people to gather and participate in healthy recreational activities).		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension
6.1.6 Describe ways to reduce risks related to common health problems among adolescents.	Describes how to prevent the spread of cold and flu viruses.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension

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Indicator	Example	Instructional/Assessment Strategy	Resource
6.1.7 Discuss health problems that should be detected and treated early.	Explains why anorexia and bulimia are health problems that should be treated early.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department <li style="padding-left: 20px;">Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension
6.1.8 Describe how pathogens are related to the cause or prevention of disease.	Describes safe food practices (clean, separate, cook, and chill) to prevent the spread of bacteria that cause food-related illnesses.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department <li style="padding-left: 20px;">Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension

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Indicator	Example	Instructional/Assessment Strategy	Resource
6.1.9 Explain key health terms and concepts.	Explains that it is normal for some young people to experience the physical and emotional changes of puberty before or after other people of the same age.		<ul style="list-style-type: none"> - American Cancer Society - Elkhart General Hospital - Mark Potuck - Elkhart County Health Department Jim Starkey - Tolson Center - School Nurse, High School - Career Center - HOPE, St. Joseph (Healthy Options Problem Eaters) - Support Groups - Purdue Extension

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Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.2.1 Develop guidelines for wise selection and use of health information, products, and services.	Develops guidelines for the selection of health products including seeking recommendations from health professionals (e.g., pharmacists) and the product's price, ingredients, benefits, and warranty.		<ul style="list-style-type: none"> - Pharmacists - Public Health Department - American Heart Association - Dr. Burns (dentist) - High School Athletic Trainers - OSMC - Dermatologists - Optometrists - Psychologists - Orthodontists - American Cancer Society
6.2.2 Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.	Demonstrates the ability to access nutrition information from community health agencies (e.g., public health department) and voluntary health organizations (e.g., American Heart Association).		<ul style="list-style-type: none"> - Pharmacists - Public Health Department - American Heart Association - Dr. Burns (dentist) - High School Athletic Trainers - OSMC - Dermatologists - Optometrists - Psychologists - Orthodontists - American Cancer Society

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Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.2.3 Analyze how media influences the selection of health information, products, and services.	Analyzes tobacco advertisements in magazines to identify strategies used to sell tobacco products such as reward/bargain offers, health claims, personal testimony, bandwagon, false image/exaggerated benefits, great outdoors, and emotional appeal (attractiveness, maturity, affiliation, and fun/pleasure).		<ul style="list-style-type: none"> - Pharmacists - Public Health Department - American Heart Association - Dr. Burns (dentist) - High School Athletic Trainers - OSMC - Dermatologists - Optometrists - Psychologists - Orthodontists - American Cancer Society
6.2.4 Demonstrate the ability to locate health products and services.	Demonstrates the ability to locate and describe the services provided by voluntary health organizations such as the American Red Cross.		<ul style="list-style-type: none"> - Pharmacists - Public Health Department - American Heart Association - Dr. Burns (dentist) - High School Athletic Trainers - OSMC - Dermatologists - Optometrists - Psychologists - Orthodontists - American Cancer Society

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Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.2.5 Identify the role of medical, dental, and other health-related specialists.	Describes the services provided to young people by dermatologists, optometrists, psychologists, orthodontists, and athletic trainers.		<ul style="list-style-type: none"> - Pharmacists - Public Health Department - American Heart Association - Dr. Burns (dentist) - High School Athletic Trainers - OSMC - Dermatologists - Optometrists - Psychologists - Orthodontists - American Cancer Society

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Standard 3: Students will demonstrate the ability to apply self-management skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.3.1 Demonstrate strategies to manage stress.	Demonstrates the ability to identify feelings and causes of stress and identify and use strategies to deal with stress such as play, talking with a friend or trusted adult, physical activity, listening to music, deep breathing, writing in a journal, and time management.		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place
6.3.2 Demonstrate strategies to manage grief and anger.	Demonstrates the ability to identify feelings associated with grief and identify and use strategies to deal with grief such as talking with a friend or trusted adult and doing or creating something to honor the memory of the pet or person that has died (e.g., create a memory book).		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place
6.3.3 Demonstrate ways to avoid and reduce threatening situations.	Demonstrates strategies for thunderstorm and tornado safety.		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place

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Standard 3: Students will demonstrate the ability to apply self-management skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.3.4 Develop injury prevention and management strategies for personal and family health.	Demonstrate injury management strategies including rescue breathing and care for wounds, burns, bleeding, sprains, bruises, poisoning, and choking.		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place
6.3.5 Demonstrate the ability to analyze a personal health assessment to determine health strengths and risks.	Demonstrates the ability to analyze eating behaviors to determine dietary strengths and needs.		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place
6.3.6 Demonstrate strategies to improve health or maintain personal and family health.	Demonstrates safety strategies for the care of babies and young children.		<ul style="list-style-type: none"> - PALS (Police Assisting Local Schools) - Weatherman - American Red Cross - Tami Obendorf, ECHS - Baby Think It Over - Nutritionist, Elkhart General Hospital - Rex Gleim, Ryan's Place

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Standard 4: Students will demonstrate the ability to analyze the influence of family, culture, peers, community, media, and technology on health and health behaviors.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.4.1 Describe how the family, school, and peers influence the health and health behaviors of adolescents.	Describes how the family, school, and peers influence adolescents' decisions to abstain from sexual behaviors.		- Dan Rice, ECS Technology Coordinator - Mark Potuck - Dr. Losch, Elkhart General - Posi Tucker, Career Center - School Nurse
6.4.2 Describe the influence of cultural beliefs on health behaviors.	Describes how cultural beliefs may influence dietary behaviors such as a vegetarian diet.		- Dan Rice, ECS Technology Coordinator - Mark Potuck - Dr. Losch, Elkhart General - Posi Tucker, Career Center - School Nurse
6.4.3 Analyze how messages from media and other sources influence health behaviors.	Analyzes message from television programs and movies related to the use of alcohol.		- Dan Rice, ECS Technology Coordinator - Mark Potuck - Dr. Losch, Elkhart General - Posi Tucker, Career Center - School Nurse
6.4.4 Analyze the influence of technology on personal and family health and health behaviors.	Describes how technology influences dietary behaviors through the development of convenience foods such as ready to eat lunch packs.		- Dan Rice, ECS Technology Coordinator - Mark Potuck - Dr. Losch, Elkhart General - Posi Tucker, Career Center - School Nurse

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	Demonstrates the ability to match nonverbal communication with verbal communication to say no.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department
6.5.2 Demonstrate how the behavior of family and peers affects interpersonal communication.	Describe how the use of attentive listening by family and peers affects interpersonal communication.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department
6.5.3 Demonstrate healthy ways to express needs, wants, and feelings, including I messages and assertive communication strategies.	Demonstrates how to use I messages to communicate anger.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department
6.5.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	Demonstrates how to show respect for the ideas and opinions of others.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.5.5 Demonstrate attentive listening and other communication skills to build and maintain healthy relationships.	Demonstrates how to initiate and sustain conversation with another person by identifying themselves and discussing experiences, interests, and values that they have in common with the other person.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department
6.5.6 Demonstrate refusal and negotiation skills to enhance health.	Demonstrates how to say no, give a reason or an excuse, suggest another activity, use humor, change the subject, delay, say no again, and walk away to refuse pressure to use tobacco.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department
6.5.7 Analyze the possible causes of conflict among you in schools and communities.	Analyzes possible causes of conflicts among you in schools such as hurt feelings, jealousy, miscommunication, possession, power/leadership struggles, and differences in expectations and values.		-Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.5.8 Demonstrate strategies to manage conflict.	Demonstrates how to resolve a conflict by showing how to stay calm and not make the conflict worse, assess risk of violence and leave if a weapon is present, agree that there is a problem, listen to the other person, apologize or accept an apology, work with them to identify choices to resolving the conflict, seek the help of a mediator if needed, and compromise on a choice that is fair for both persons.		<ul style="list-style-type: none"> -Peer Mediation/Conflict Resolution materials - Parenting Classes - Just Say No Club material - PALS - CARES Coordinator Ellen Moore - DARE, Elkhart Police Department

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Standard 6: Students will demonstrate the ability to implement decision-making and goal setting skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.6.1 Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	Demonstrates the ability to identify choices, identify the consequences of each choice, make the best choice, and reflect on the results of the choice when making decisions related to friends and social relationships.		<ul style="list-style-type: none"> - High School Counselors - O.S.M.C. - Nutritionist - Just Say No Club material - PALS - Conflict Resolution
6.6.2 Predict how decisions regarding health behaviors have consequences for self and others.	Predicts how decisions to follow or disregard guidelines for preventing sports and exercise injuries have consequences for self and others.		<ul style="list-style-type: none"> - High School Counselors - O.S.M.C. - Nutritionist - Just Say No Club material - PALS - Conflict Resolution
6.6.3 Demonstrate the ability to set health goals that address personal strengths, needs, and health risks.	Demonstrates the ability to set short and long-term goals for healthy eating based on personal dietary preferences and needs.		<ul style="list-style-type: none"> - High School Counselors - O.S.M.C. - Nutritionist - Just Say No Club material - PALS - Conflict Resolution
6.6.4 Demonstrate the ability to design a plan that includes strategies to monitor and attain personal health goals.	Demonstrates the ability to design a plan which includes asking for social support for help in achieving a personal health goal such as not using alcohol or other drugs.		<ul style="list-style-type: none"> - High School Counselors - O.S.M.C. - Nutritionist - Just Say No Club material - PALS - Conflict Resolution

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Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
6.7.1 Analyze various communication methods to accurately express health information and ideas.	Analyzes the advantages and disadvantages of using letters, poster, songs, slogans, t-shirts, bumper stickers, chalk talks, and skits as ways to accurately express health information and ideas.		<ul style="list-style-type: none"> - Bridgework Theatre - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Social Workers - School Nurse
6.7.2 Demonstrate the ability to express information and ideas about health issues.	Demonstrates the ability to write a letter to express ideas related to the prevention of tobacco use among youth.		<ul style="list-style-type: none"> - Bridgework Theatre - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Social Workers - School Nurse
6.7.3 Demonstrate the ability to influence and support others in making positive health choices.	Demonstrates the ability to create a chalk talk to encourage others to not use alcohol or drugs.		<ul style="list-style-type: none"> - Bridgework Theatre - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Social Workers - School Nurse
6.7.4 Demonstrate the ability to work cooperatively with advocating for healthy individuals, families, and schools.	Demonstrates the ability to work with others to create a skit to advocate for resolving conflicts in healthy ways.		<ul style="list-style-type: none"> - Bridgework Theatre - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Social Workers - School Nurse