Scope and Sequence

Content Area: **Health**
Course(s): **Health**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The sixth grade health curriculum increases student's understanding of the physical, social/emotional, and social components in developing and maintaining a healthy lifestyle. The first unit delves into increasing student understanding of goal setting, managing stress, and communicating effectively through all three domains. The next unit focuses primarily on the physical wellness area including understanding nutrition and appropriate physical activity. Units three and four look into the negative health effects that drugs, alcohol, and tobacco can have on a person and how to recognize the signs of substance abuse and addiction. Unit 5 helps build student understanding of common diseases including how to recognize and attempt to prevent them. Finally, the year is rounded out with a unit on growth and development, helping students gain an understanding of how people grow and maturate at different rates.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	The Triangles of Health	6 Weeks
Unit 2	Nutrition and Physical Activity	10 Weeks
Unit 3	Tobacco	5 Weeks
Unit 4	Alcohol and Other Drugs	5 Weeks
Unit 5	Preventing Diseases	5 Weeks
Unit 6	Growth and Development	7 Weeks

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.