

High Rock Health Overview

6th Grade (~20 Lessons)

Unit 1: Introduction to Wellness

Unit 2: Decision Making and Nutrition

Unit 3: Communication and Sex Ed (Healthy Relationships)

6th Grade - Overview Scope & Sequence

UNIT	SKILLS <i>(National Health Education Standards)</i>	CONTENT (MA Health Frameworks)	ACTIVITIES
1	Introduction to Health Skills (all 8 standards)	Dimensions of Wellness	<ol style="list-style-type: none"> 1) Wellness dimensions 2) Wellness dimension Project 3) Wellness dimension Kahoot
2	Decision Making (Standard 5)	Decision Making/Nutrition	<ol style="list-style-type: none"> 1) Different types of decisions 2) Decision making models 3) Reading food labels 4) Serving up MyPlate 5) Apple Comparison 6) Serving size activity 7) Sugar experiment
3	Communication (Standard 4)	Sexual Education <ol style="list-style-type: none"> 1) Reproductive Anatomy Review 2) Healthy Relationships 	<ol style="list-style-type: none"> 1) Qualities of a friend 2) Behaviors in friendships 3) Types of communication 4) Active listening 5) Communication styles 6) Youth and Family Services Presentation 7) Reproductive anatomy review 8) Sex vs. Sexuality