Kentucky Practical Living

Grade 6

Adopted 2010

Personal Wellness (Health Education)

Enduring Knowledge - Understandings

- it is important to assume responsibility for personal health.
- interactions with others are an integral part of the human life experience and contribute to healthy relationships.
- the environment, lifestyle, family history, peers and other factors impact physical, social, mental and emotional health.
- culture, values (e.g., individual, family, community) media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal behavioral choices games) can influence personal health.
- behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.
- positive health habits can help prevent injuries and the spreading of diseases to self and others.
- self-management and coping strategies can enhance mental and emotional health.
- a variety of resources are available to inform, treat and counsel individuals with physical, mental, social and emotional health needs.

Skills and Concepts - Personal and Physical Health

- understand the importance of assuming responsibility for personal health behaviors:
predict how decisions regarding health behaviors (e.g., hygiene, diet, exercise) have consequences for self and others
analyze personal decisions that impact an individual's emotional, sexual and reproductive health (e.g., abstinence)
explain how rights and responsibilities are interrelated
- explore and analyze how an individual's behaviors and choices of diet, exercise and rest affect the body
- analyze various communication methods and barriers for expressing health information and ideas

Skills and Concepts - Growth and Development

- apply strategies and skills needed to obtain personal health goals during adolescence and identify the physical, social and emotional changes (e.g., growth spurts, peer influence, self-confidence, mood swings) that occur during adolescence

explain basic structures and function of the reproductive system

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Skills and Concepts - Social, Mental and Emotional Health

- demonstrate social interaction skills by:
using appropriate means to express needs, wants and feelings
using and describe the importance of effective social interaction skills (e.g., respect, self-advocacy, cooperation, communication, identifying and being open to different perspectives and points of view, empathy, friendship)
recommending effective strategies for responding to stress, conflict, peer pressure and bullying
interpreting how individuals impact the effective functioning of groups
- demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively
- identify common social and emotional problems (aggression, anxiety, depression, grief) and describe self-management and coping strategies (goal setting, refusal skills, decision making and time management) for addressing these problems

Skills and Concepts - Family and Community Health

- analyze how personal health choices, individual well-being and use of health services can be influenced by:
family traditions/values
technology and media messages
cultural beliefs
physical, social and emotional environments
information from peers

Skills and Concepts - Communicable, Non-Communicable and Chronic Diseases Prevention

- demonstrate an understanding of diseases by:
describing symptoms, causes, patterns of transmission, prevention and treatments of communicable diseases (colds, flu, mononucleosis, hepatitis, HIV/STD, tuberculosis)
describing symptoms, causes, patterns of transmission, prevention and treatments of non-communicable diseases (cancer, cardiovascular disease, diabetes, obesity, asthma, emphysema)
- investigate family history, environment, lifestyle and other risk factors related to the cause or prevention of disease and other health problems
- demonstrate an understanding of how to maintain a healthy body by: explaining how health is influenced by the interaction of body systems (e.g., reproductive, digestive, circulatory, skeletal, respiratory)
describing ways pathogens from the environment (e.g., air, food, people) enter the body and explaining how body defenses fight pathogens
explaining how personal hygiene practices affect physical, mental/emotional and social health; explaining how personal health habits (e.g., hand washing, care of teeth and eyes, sun protection) affect self and others in the prevention and spread of disease identifying health care providers and describing reasons for preventive care

Skills and Concepts - Alcohol, Tobacco and Other Drugs

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- demonstrate an understanding of the use and misuse of alcohol, tobacco and other drugs by:
distinguishing between legal (e.g., over the counter, prescription drugs) and illegal drugs (e.g., inhalants, marijuana, stimulants, depressants) and describing how their usage affects the body systems
describing the immediate and long-term effects of alcohol and drug usage and the impact on physical, mental, emotional and social health (e.g., effects on family life)
identifying resources available to individuals seeking treatment or counseling for negative behaviors or addictions

Nutrition (Health Education)

Enduring Knowledge - Understandings

- proper nutrition is essential to growth and development.
- nutrients have a role in the development of an individual's health.
- resources are available to assist in making nutritional choices.
- individuals, families and community values influence nutritional choices.

Skills and Concepts

- identify the role of nutrients and food sources which are important in the growth and development of healthy bodies
- explain the role of nutrition on the body systems impacting growth and development
- interpret, explain and apply the recommendations of national resources (e.g., Food Guide Pyramid (FGP), Dietary Guidelines for Americans, National Dairy Council) in making healthful food choices for a balanced diet
- analyze factors (e.g., geography, convenience, cost, advertising) that influence healthy food choices
- explain the role of nutrition on the body systems impacting the growth and development of healthy bodies
- use the nutritional information provided on food labels to explain how it can impacts dietary choices

Safety (Health Education)

Enduring Knowledge - Understandings

- safety practices and procedures help to prevent injuries and provide a safe environment.
- community and state resources are available to assist in hazardous situations.
- proper procedures must be used in emergency situations.

Skills and Concepts

- explain reasons for safety practices (e.g., walking in opposite direction of violence, staying calm in dangerous situations) for dealing with a variety of health hazards (e.g., firearms, motorized vehicles or potentially unsafe or threatening situations) encountered by adolescents

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- describe potential hazards in and around the home and school explain how to prevent injuries
- Identify and practice safety procedures needed for emergencies (e.g., tornado, fire, earthquake) at home and school
- recognize life threatening emergencies and identify basic first-aid procedures for responding to a variety of life-threatening emergencies (e.g., choking, broken bones, shock, poisons, burns, allergic reactions, bleeding)
- describe how to avoid dangerous situations involving strangers, fires and internet safety
- identify local and state health/safety agencies (e.g., health department, fire department, state police, hospital transport services) and the services they provide
- access and use reliable resources on safety guidelines for avoiding injuries and dangerous situations
- identify and practice communications skills needed in emergency situations

Psychomotor Skills (Physical Education)

Enduring Knowledge - Understandings

- movement concepts, principles, strategies and tactics apply to the learning and performance of physical activities. motor skills need to be refined, combined and varied in the development of specialized skills (e.g., serving, catching with a glove, dribbling, punting).

Skills and Concepts

- identify and apply principles of motor skill refinement (e.g. accuracy, technique, movement) that are necessary for skill development
- demonstrate a variety of locomotor and combination skills in a movement pattern
- use non-locomotor, locomotor and combination skills to demonstrate movements in creative sequences and in simple patterned dances, games and other activities
- demonstrate a variety of non-locomotor, locomotor and combination skills while participating in different games and sports
- demonstrate refined manipulative skills of throwing, catching, kicking and striking while developing motor skills (e.g., sliding, running, jumping) for use in games and other activities that lead to more complex games and sports (e.g., long jump, hurdles, volleyball, soccer, softball)
- demonstrate how transitional motor skills (e.g., punting, serving, dribbling) are influenced by space, force and time

Lifetime Physical Wellness (Physical Education)

Enduring Knowledge - Understandings

- leisure/recreational or competitive physical activities provide opportunities for self-expression, social interactions and can be enjoyable and challenging.

intrinsic values and other benefits (physical, emotional/mental, social) are gained by regular participation in leisure/recreational or competitive activities.

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- techniques, strategies and practice are important for improving performance of sport skills.
- rules impact effective participation in physical activities.
- personal and social behavior that shows respect to self and others impacts enjoyment and safety in physical activity settings.
- regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.
- fitness principles and techniques are used to improve/maintain physical health.

Skills and Concepts

- identify several moderate to vigorous physical activities that provide personal pleasure
- explain the physical, emotional/mental and social value in participating in physical activity
- describe the physical, emotional/mental and social benefits gained from regular participation in leisure/recreational or competitive physical activities
- recognize through participation in a variety of activities that personal skill development results from prior experiences, natural ability and practice
- describe the relationship between effort and improvement in skills gained from physical activities
- participate regularly in physical activity
- when participating in a variety of physical activities, sports and games: identify and apply rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one's own performance level, accepting skills and abilities of others through verbal and nonverbal actions for spectators and/or participants) demonstrate sportsmanship, cooperation, teamwork and conflict resolution identify and use appropriate safety principles, rules, procedures and etiquette
identify offensive and defensive strategies used in games and sports
- identify and assess activities that enhance the health related fitness components (muscular strength, muscular endurance, flexibility, body composition, cardio respiratory endurance)
- explain the meaning of the F.I.T.T. Principle (Frequency, Intensity, Type, Time) and examine their impact on improving personal fitness
- identify and assess lifetime activities (e.g., biking, hiking, horseback riding, swimming) that enhance the health-related fitness components (muscular strength, muscular endurance, flexibility, body composition, cardio respiratory endurance)
- investigate how the systems of the body affect an individual's personal fitness level