

# By the end of Grade 6

Adopted 2002

## Concepts of Health

### A. Stages of Growth and Development

- A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
  - education
  - socioeconomic

10.1.6.A

### B. Interaction of Body Systems

- B. Identify and describe the structure and function of the major body systems.
  - nervous
  - muscular
  - integumentary
  - urinary
  - endocrine
  - reproductive
  - immune

10.1.6.B

### C. Nutrition

- C. Analyze nutritional concepts that impact health.
  - caloric content of foods
  - relationship of food intake and physical activity (energy output)
  - nutrient requirements
  - label reading
  - healthful food selection

10.1.6.C

### D. Alcohol, Tobacco and Chemical Substances

- D. Explain factors that influence childhood and adolescent drug use.
  - peer influence
  - body image (e.g., steroids, enhancers)
  - social acceptance
  - stress
  - media influence
  - decision-making/refusal skills
  - rules, regulations and laws
  - consequences

10.1.6.D

### E. Health Problems and Disease Prevention

- E. Identify health problems that can occur throughout life and describe ways to prevent them.
  - diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease)
  - preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active)

10.1.6.E

## Healthful Living

### A. Health Practices, Products and Services

- A. Explain the relationship between personal health practices and individual well-being.
  - immunizations
  - health examinations

10.2.6.A

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**B. Health Information and Consumer Choices**

- B. Explain the relationship between health-related information and consumer choices.<ul><li>dietary guidelines/food selection</li><li>sun exposure guidelines/sunscreen selection</li></ul> 10.2.6.B

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**C. Health Information and the Media**

- C. Explain the media's effect on health and safety issues. 10.2.6.C

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**D. Decision-making Skills**

- D. Describe and apply the steps of a decision-making process to health and safety issues. 10.2.6.D

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**E. Health and the Environment**

- E. Analyze environmental factors that impact health.<ul><li>indoor air quality (e.g., second-hand smoke, allergens)</li><li>chemicals, metals, gases (e.g., lead, radon, carbon monoxide)</li><li>radiation</li><li>natural disasters</li></ul> 10.2.6.E

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**Safety and Injury Prevention****A. Safe/Unsafe Practices**

- A. Explain and apply safe practices in the home, school and community.<ul><li>emergencies (e.g., fire, natural disasters)</li><li>personal safety (e.g., home alone, latch key, harassment)</li><li>communication (e.g., telephone, Internet)</li><li>violence prevention (e.g., gangs, weapons)</li></ul> 10.3.6.A

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**B. Emergency Responses/Injury Management**

- B. Know and apply appropriate emergency responses.<ul><li>basic first aid</li><li>Heimlich maneuver</li><li>universal precautions</li></ul> 10.3.6.B

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**C. Strategies to Avoid/Manage Conflict**

- C. Describe strategies to avoid or manage conflict and violence.<ul><li>anger management</li><li>peer mediation</li><li>reflective listening</li><li>negotiation</li></ul> 10.3.6.C

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**D. Safe Practices in Physical Activity**

- D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D
- D. Analyze the role of individual responsibility for safety during physical activity. 10.3.6.D

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**Physical Activity****A. Physical Activities That Promote Health and Fitness**

- A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.A

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**B. Effects of Regular Participation**

- B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.6.B

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**C. Responses of the Body Systems to Physical Activity**

- C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
  - heart rate monitoring
  - checking blood pressure
  - fitness assessment 10.4.6.C

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**D. Physical Activity Preferences**

- D. Describe factors that affect childhood physical activity preferences.
  - enjoyment
  - personal interest
  - social experience
  - opportunities to learn new activities
  - parental preference
  - environment 10.4.6.D

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**E. Physical Activity and Motor Skill Improvement**

- E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
  - success-oriented activities
  - school-community resources
  - variety of activities
  - time on task 10.4.6.E

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**F. Physical Activity and Group Interaction**

- F. Identify and describe positive and negative interactions of group members in physical activities.
  - leading
  - following
  - teamwork
  - etiquette
  - adherence to rules 10.4.6.F

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**Concepts, Principles and Strategies of Movement****A. Movement Skills and Concepts**

- A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.6.A

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**B. Motor Skill Development**

- B. Identify and apply the concepts of motor skill development to a variety of basic skills.
  - transfer between skills
  - selecting relevant cues
  - types of feedback
  - movement efficiency
  - product (outcome/result) 10.5.6.B

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**C. Practice Strategies**

- C. Describe the relationship between practice and skill development. 10.5.6.C

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**D. Principles of Exercise/Training**

- D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.
  - cardio-respiratory endurance
  - muscular strength
  - muscular endurance
  - flexibility
  - body composition 10.5.6.D

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**E. Scientific Principles That Affect Movement**

- E. Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.
    - Newton's Laws of Motion
    - application of force
    - static/dynamic balance
    - levers
    - flight
- 10.5.6.E

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**F. Game Strategies**

- F. Identify and apply game strategies to basic games and physical activities.
    - give and go
    - one on one
    - peer communication
- 10.5.6.F