Washington Health and Physical Education

Health: Grade 6

Adopted 2016

Wellness

1. Dimensions of Health

6. Describe interrelationships of dimensions of health. H1.W1.6

2. Disease Prevention

6. Differentiate between communicable and noncommunicable diseases. H1.W2.6
6. Determine how hereditary factors and health behaviors impact health. H2.W2.6

3. Analyzing Influences

6. Explain factors that influence health decisions and behaviors. H2.W3.6

4. Access Valid Information

6. Describe situations that call for expert health resources and services. H3.W4.6

5. Communication

6. Explain effective communication skills. H4.W5.6

6. Decision-Making

6. Identify circumstances that help or hinder making healthy decisions related to personal health. H5.W6.6

7. Goal-Setting

6. Describe how goals can enhance health. H6.W7.6

Safety

1. Injury Prevention

6. Identify guidelines related to bicycle, pedestrian, traffic, water, and recreation safety. H1.SA1.6

2. First Aid

a. Understand basic first aid skills. H1.SA2.6.A
b. Understand cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) procedures. H1.SA2.6.B

Violence Prevention

5. Demonstrate ways to resolve conflict to prevent, reduce, and avoid violence. H4.SA3.6

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a. Describe situations that could lead to violence. H1.SA3.6.A

b. Identify potential dangers of sharing personal information through electronic media. H1.SA3.6.B

Nutrition

1. Food Groups and Nutrients

6. Understand differences between reliable and unreliable sources of nutrition information. H3.N1.6

a. Identify functions of the six nutrients: carbohydrates, fats, proteins, vitamins, minerals, water. H1.N1.6.A

b. Describe consequences of skipping meals. H1.N1.6.B

2. Beverages

6. Summarize importance of staying hydrated. H1.N2.6

6. Identify beverages that should be limited and provide evidence to support limiting intake. H3.N2.6

3. Label Literacy

a. Explain how different components of a Nutrition Facts label can be used to guide food and beverage choices. H3.N3.6.A

b. Distinguish between serving size and portion size. H3.N3.6.B

4. Caloric Intake and Expenditure

a. Distinguish between nutrient-dense and empty-calorie foods and identify examples of each. H1.N4.6.A

b. Compare and contrast caloric expenditure for a variety of physical activities. H1.N4.6.B

5. Disease Prevention

6. Identify diseases often caused by nutritional choices. H1.N5.6

6. Nutritional Planning

6. Develop a SMART (specific, measurable, attainable, realistic, and timely) goal to improve eating behaviors. H6.N6.6

6. Identify circumstances that influence healthy decision-making related to food choices and eating behaviors. H2.N6.6

Sexual Health

1. Anatomy, Reproduction, and Pregnancy

6. Identify parts of the reproductive systems. H1.SE1.6

2. Puberty and Development

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6. Identify physical, social, mental, and emotional changes that occur during puberty. H1.SE2.6

3. **Self-Identity**
    6. Understand the range of gender roles, identity, and expression across cultures. H2.SE3.6

4. **Prevention**
    a. Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV. H1.SE4.6.A
    b. Explain how STDs are transmitted. H1.SE4.6.B
    c. Identify examples of protective factors and risk behaviors. H1.SE4.6.C

5. **Healthy Relationships**
    6. Explain importance of talking with a family member and other trusted adults about relationships. H3.SE5.6
    a. Identify ways to communicate effectively in a variety of relationships. H1.SE5.6.A
    b. Recognize that everyone has the right to set boundaries based on personal values. H1.SE5.6.B

6. **Washington State Laws**
    a. Understand which sexual health care services are available to youth. H1.SE6.6.A
    b. Understand that there are behaviors that constitute sexual offenses. H1.SE6.6.B
    c. Understand that it is illegal to send or post sexually explicit images or messages electronically. H1.SE6.6.C

Social Emotional Health

1. **Self-Esteem**
    a. Describe factors that can influence self-esteem. H1.SO1.6.A
    b. Understand how to improve one's self-esteem. H1.SO1.6.B

2. **Body Image and Eating Disorders**
    a. Describe how self-esteem and body image are related. H1.SO2.6.A
    b. Explain importance of a positive body image. H1.SO2.6.B

3. **Stress Management**
    a. Define stressor, eustress, and distress. H1.SO3.6.A
    b. Explain causes and effects of stress. H1.SO3.6.B
    c. Understand stress management. H1.SO3.6.C

4. **Expressing Emotions**
    6. Investigate resources for support when dealing with difficult emotions. H3.SO4.6
    a. Explain importance of understanding other perspectives when resolving interpersonal conflicts. H1.SO4.6.A

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b. Summarize characteristics of empathy and compassion. H1.SO4.6.B

5. Harassment, Intimidation, and Bullying

a. Describe different types of harassment, intimidation, and bullying. H1.SO5.6.A

b. Analyze harmful effects of harassment, intimidation, and bullying. H1.SO5.6.B

6. Emotional, Mental, and Behavioral Health

6. Describe situations that call for professional emotional and mental and behavioral health services. H3.SO6.6

a. Identify signs and symptoms of depression and anxiety. H1.SO6.6.A

b. Identify reasons individuals may want to harm themselves. H1.SO6.6.B

c. Understand that emotional and mental and behavioral health and well-being are as important as physical health and wellbeing. H1.SO6.6.C

d. Define stigma related to mental and behavioral health. H1.SO6.6.D

Substance Use and Abuse

1. Use and Abuse

a. Explain differences between appropriate use, misuse, and abuse of substances. H1.SU1.6.A

b. Understand stages of addiction. H1.SU1.6.B

6. Describe how peers and family influence substance use and abuse. H2.SU1.6

2. Effects

6. Understand short- and long-term effects of substance abuse on physical and mental health. H1.SU2.6

3. Prevention

6. Identify how to use refusal skills to avoid substance use. H1.SU3.6

6. Identify scenarios in which determine strategies to avoid exposure and use. H7.SU3.6

6. Promote benefits of abstaining from or discontinuing substance use. H8.SU3.6

4. Treatment

6. Identify valid and reliable substance abuse services. H3.SU4.6

5. Legal Consequences

6. Identify legal and illegal substances. H1.SU5.6