

ROBERTSON COUNTY SCHOOLS

HEALTH

MASTERY GUIDE

SIXTH GRADE

FIRST NINE WEEKS

- Explain basic personal hygiene habits (e.g., hand washing, bathing, shampooing, oral care, and foot care).
- List all human body systems.
- Tell how personal choice impacts human body systems (e.g. sleep, food selections, and risk behaviors).
- Outline the five components of physical fitness.
- Explain the benefits of exercise to social, mental, and physical health.
- Describe different kinds of friendships.
- Describe how self-worth and confidence is used to build self-reliance.
- List different emotions (e.g. anger, jealousy, frustration, love, hate, disappointment, and satisfaction).
- Identify how manners improve self-worth.
- Define and discuss signs and symptoms of depression, stress, abuse, and anger.

SECOND NINE WEEKS

- Illustrate the food pyramid.
- Describe serving sizes.
- Demonstrate principles of food storage, preparation, and sanitation.
- Interpret the statement "You are what you eat" (e.g., junk foods, calories, fat content, cholesterol, overweight, performance).
- Identify nutrients and minerals.
- List communicable diseases including HIV/AIDS, and STD's.
- Define the following non- communicable diseases: heart disease, hypertension, cancer, diabetes, obesity, stroke, and asthma/allergies.

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THIRD NINE WEEKS

- List safety equipment used for injury prevention (e.g. helmets, pads, harnesses, sunscreen, seatbelts, life preservers, etc.).
- Identify different types of emergencies and proper first-aid techniques to address them.
- List situations that threaten personal safety (e.g. home alone for an extended period of time).
- Describe self-protection skills that may be used when personal safety is threatened.
- Identify a list of gateway drugs (e.g. marijuana and steroids).
- List mood altering and addictive drugs (e.g. cocaine, ecstasy, etc.).
- Practice refusal skills.
- Identify factors which contribute to tobacco, alcohol, and drug dependency.

FOURTH NINE WEEKS

- List and explain environmental health concerns.
- Name community healthcare resources and their purposes.
- List and explain environmental health concerns.
- Describe family structures, roles, and how they may change.
- Understand that character is developed within the family structure (e.g., two parent, single parent, blended, extended, foster and adoptive families).
- Define adolescence and puberty.
- Identify the reproductive system.
- Describe the need for appropriate clothing as physical changes occur.
- Explain how culture, media, and technology influence personal and family choices concerning health products.
- Name personal healthcare providers.