

6th Grade Health

Mon. & Wed. ----- 3rd Hour (9:03-9:46) ----- Room 305

Teacher: Mrs. Vance

Email: j.vance@stonebank.k12.wi.us

Materials needed: Notebook, folder, pen or pencil, earbuds

Dimensions of Health

Physical, mental, emotional, social
Factors that affect your health

Healthy Living/Stress Management

Benefits of good nutrition and exercise
Being a healthy consumer
Physical and mental effects of stress
Healthy ways to cope

Human Growth and Development

Our changing bodies - Puberty
Body image and hygiene
Reproductive systems
Stages of prenatal development, pregnancy/childbirth

Drug and Alcohol Awareness and Prevention

HealthyKidsLearnMore.org
Effects of drugs, alcohol, and tobacco use
Decision-making skills
Peer pressure and refusal skills

Grading/Discipline Policies

Take-home work will be minimal, and most graded assignments will be completed in class. If you are absent, it is very important that you see me right away to find out what you missed. A daily participation grade will be given based on your performance and engagement in class discussions and activities. It is important that you keep all notes and/or handouts from all class periods, as this is the information for which you will be responsible on the quizzes.

Expectations

1. Be responsible.....for your own learning. This class is all about YOU! Engage yourself in the learning process, ask questions, and seek answers.
2. Be respectful....to others by being a good listener and making good use of class work time.
3. Be ready.....to pay attention, engage in class discussions, and have all necessary materials with you and organized.