

ASD Academic Plan

Health and Physical Education: Middle School 6th Grade

Grade Level: 6th grade	<p>Course Description: P.E. is a required course for all students. Only students who have a physician-documented limitation may be excused from P.E. The activities offered at the sixth grade level are introductory. The program offers a wide variety of individual, dual, and team activities. The units most often included are basketball, volleyball, tumbling, rhythms and dance, outdoor winter activities, and aerobic fitness.</p> <p style="text-align: center;">The Health portion of this course provides information for the student in order that they will be able to make healthy choices by setting goals based on information they have learned in the areas of genetic health problems, environmental health issues, recognizing eating disorders, and understanding issues related to adolescent development. They will identify the effects of addiction and where to get help. Students will practice refusal, coping, and decision making skills</p>
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Learning Outcomes At a Glance (3 days Physical Education/2 days of Health Education)

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p style="text-align: center;">Introduction</p> <p>Introduction, explanations of rules, safety considerations, expectations, grading policies and initiative activities.</p> <p style="text-align: center;">Physical Education</p> <p>1 Team Unit 1 Fitness Unit</p> <p style="text-align: center;">Health</p> <p><u>Your Health and Wellness</u> -Your Total Health -Influences on You Health -Building Healthy skills -Making Responsible Decisions -Setting Health Goals</p> <p><u>Mental and Emotional Health</u> -A Healthy Concept -Your Character Counts -Expressing Emotions -Coping with Stress -Emotional Problems</p> <p><u>Healthy Relationships</u> -Communication Skills -Your Family -Your Friends and Peers -Refusal Skills -Resolving Conflicts</p>	<p style="text-align: center;">Physical Education</p> <p>1 Individual Unit 1 Rhythms/Dance Unit</p> <p style="text-align: center;">Health</p> <p><u>Nutrition</u> -Your Body's Nutrient Need -Follow a Healthy Eating Plan -Making Healthful Food Choices -Managing your Weight</p> <p><u>Physical Activity</u> -Physical Activity and Your Health -Creating a Personal Fitness Plan -Safety in Sports and Physical Activities</p> <p><u>Personal Health</u> -Your Teeth, Skin, and Hair -Protecting your Hair and Ears -Choosing Health Products -Using Medicines Responsibly -Health Care in Your Community</p>	<p style="text-align: center;">Physical Education</p> <p>1 Outdoor/Winter Unit 1 Individual Unit</p> <p style="text-align: center;">Health</p> <p><u>Your Body Systems</u> -From Cells to Body Systems -Bones and Muscles -Digestion and Excretion -Heart, Blood, Lungs, & Nerves</p> <p><u>Growth & Development</u> -Adolescence -Human Reproduction -Heredity & the Life Cycle</p> <p><u>Tobacco</u> - A Harmful Drug - Teens and Tobacco - Staying Tobacco Free</p>	<p style="text-align: center;">Physical Education</p> <p>1 Team Unit 1 Fitness Unit</p> <p style="text-align: center;">Health</p> <p><u>Alcohol and Other Alcohol Use</u> -The Dangers of Alcohol Use -Alcoholism and Addiction -What are Illegal Drugs -Drug Abuse -Avoiding Alcohol and Drugs</p> <p><u>Preventing Diseases</u> -What Causes Disease -Communicable Diseases -Understanding STDs -Non-communicable and Hereditary Diseases</p> <p><u>Safety and The Environment</u> -Personal Safety Habits -Safety Home and Away -Safety Outdoors -Safety in Severe Weather -First Aid for Emergencies -Protecting Your Environment</p>