

## 6TH GRADE HEALTH SCHEDULE

	TOPIC
Lesson 1	Health Orientation
Lesson 2	Introduction to Health Lesson
Lesson 3	Introduction to Adolescents Lesson
Lesson 4	DVD- "Learning to be Responsible"
Lesson 5	The Importance of Physical Fitness Lesson
Lesson 6	Article- "BEING A FIT KID"
Lesson 7	Article- "YOUR MUSCULAR SYSTEM"
Lesson 8	Quiz #1
Lesson 9	Current Events Day
Lesson 10	Introduction to Nutrition Lesson
Lesson 11	The 6 Major Nutrients Lesson
Lesson 12	Article- "Food Labels"
Lesson 13	Article- "What Being Overweight Means"
Lesson 14	Article- "YOUR DIGESTIVE SYSTEM"
Lesson 15	Activity- "Eat This, Not That Challenge"
Lesson 16	Group Work- Nutrition Project
Lesson 17	Group Work- Nutrition Project
Lesson 18	Presentation- Nutrition Project
Lesson 19	Current Events Day
Lesson 20	Introduction to Gateway Drugs Lesson
Lesson 21	The Dangers of Alcohol Lesson
Lesson 22	DVD- "Stay Out of Trouble With Alcohol"
Lesson 23	The Dangers of Tobacco Lesson
Lesson 24	DVD- "I Could Have Been 5 Feet Tall"
Lesson 25	The Dangers of Marijuana Lesson
Lesson 26	DVD- "The Unfiltered Truth About Cigarettes"
Lesson 27	The Dangers of Inhalants Lesson
Lesson 28	OTC vs Prescription Drugs Lesson
Lesson 29	Quiz #2
Lesson 30	Current Events Day
Lesson 31	Bullying/Cyber-Bullying Lesson
Lesson 32	Bullying/Cyber-Bullying Lesson
Lesson 33	Bullying/Cyber-Bullying Lesson
Lesson 34	Bullying/Cyber-Bullying Lesson
Lesson 35	Bullying/Cyber-Bullying Lesson
Lesson 36	Bullying/Cyber-Bullying Lesson
Lesson 37	Group Work-Cyberbullying Project
Lesson 38	Group Work-Cyberbullying Project
Lesson 39	Group Work-Cyberbullying Project
Lesson 40	Group Work-Cyberbullying Project
Lesson 41	Current Events Day