

10.1. Concepts of Health		
10.1.6. GRADE 6		
<i>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 6	HPW: Primary Source	HPW Secondary Source
<p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <ul style="list-style-type: none"> education socioeconomic 	<p>Grade 4: TE 154-162 PA 21 SA 40, 41, 45 EA 23, 24</p> <p>Grade 5: TE 136-140, 144-151 SA 29, 30, 31 PA 18 Tr 11 The Life Cycle</p> <p>Grade 6: TE 8, 24, 30-41, 70-83, 216-221 SA 2-9, 17, 18, 19, 55, 58, 59 EA 2-5, 12, 13 TR 5-8, Stress; 29, Am I Normal?, 30, Adolescent Concerns PC Stress Management</p>	<p>Grade 4: B Fourth Grade Rats G Problem Solving Cards: Human Growth</p> <p>Grade 5: V Honesty Counts</p> <p>Grade 6: V Hygiene for Boys Hygiene for Girls B Holes</p>
<p>B. Identify and describe the structure and function of the major body systems.</p> <ul style="list-style-type: none"> nervous muscular integumentary urinary endocrine reproductive immune 	<p>Grade 4: TE 165-168 184-185 TR 8-10 The Heart and Circulatory System 14-16 The Immune System</p> <p>Grade 5: TE 103-104, 146-156, 180-183 SA 30, 31, 32, 33, 38, 39 PA 18, 22 EA 32, 33 TR 13 Ovulation & Menstruation TR 14 The Nervous System TR 17-18 The Immune System</p> <p>Grade 6: TE 212-215, 222-229 SA 54, 57 EA 32 TR 31,32 Reproductive System 33 Ovulation & Menstruation</p>	<p>Grade 4: CD The Ultimate Human Body</p> <p>Grade 5: CD The Human Body</p> <p>Grade 6: B How Your Body Works CD Fun Facts: Body Systems V Puberty: Bodies in Progress</p>
<p>C. Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> caloric content of foods relationship of food intake and physical activity (energy output) nutrient requirements label reading healthful food selection 	<p>Grade 4: TE 123-124, 127-137, 144-148, 168-169 SA 28, 30-34, 36-38, 42 PA 18 EA 19 TR 4 Key Concepts, 6 Nutrition Food Labels</p> <p>Grade 5: TE 107-108, 111-112, 115 117-118, 121-122 HF Act 4 EA 15 PA 14 TR 6 Sources of Nutrients TR 8 Food Labels</p> <p>Grade 6: TE 176-183, 209 SA 49 EA 25, 26, 27 Tr 22 MyPyramid 23 Nutrition Essentials 28 Food Labels SRCD Nutritional Values Chart, Food Labels</p>	<p>Grade 5: V To the Max: Eating and Exercising for Good Health C Nutrition Cards</p> <p>Grade 6: G Nutrition Trivia Game</p>
<p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> peer influence body image (e.g., steroids, enhancers) social acceptance stress media influence decision-making/refusal skills 	<p>Grade 4: TE 89-92, 95-97, 108-109 SA 19, 20 PA 12, 15 EA 15</p> <p>Grade 5: TE 11, 77-79, 88-93 SA 20 EA 11, 12 PA 9, 11</p> <p>Grade 6: TE 137-174 SA 33-48 EA 21-24 HF Drug Prevention TR 16 Trends in Drug Use</p>	<p>Grade 4: V McGruff's Drug Alert G Drug Prevention Trivia Game B Ramona and Her Father</p> <p>Grade 6: V WIN (Work, Integrity, Never Give Up) P Drug Classifications</p>

<ul style="list-style-type: none"> rules, regulations and laws consequences 	<p>17 Medicines are Drugs Too 18 Influences on Tobacco Use</p>	
<p>E. Identify health problems that can occur throughout life and describe ways to prevent them.</p> <ul style="list-style-type: none"> diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease) preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active) 	<p>Grade 4: TE 94-103, 110-115, 180-183, 188-192 SA 21, 22, 23, 26, 27 PA 13, 14, 16, 24 EA 14, 16, 28 TR 11-13 Germs, 17 HIV/AIDS Grade 5: TE 80-99, 115-124, 176-179, 184-197 SA 15, 16, 17, 18, 19, 21, 22, 40 PA 10, 21 EA 16, 21, 23 HF Act 6 Grade 6: TE 6, 84-89, 145-149, 163-168, 232-251 SA 19, 36, 37, 40, 41, 45, 60, 61, 62, 63, 64, 65 EA 15, 16 TR 20 Strategies for Refusing Drugs 34-35 Microorganisms 36 Body Defenses Against Disease 37-38 HIV/AIDS SRCD Tips for Teens: The Truth about Tobacco, Alcohol Common Illnesses and Symptoms An Ounce of Prevention-Keeping the Germs Away HF Activity 3, 4</p>	<p>Grade 4: V Preventing Communicable Diseases</p> <p>Grade 5: CD The Human Body V ACE (Attitude, Commitment, Excellence) G Responsibility Board Game</p> <p>Grade 5: CD Smoking and Chewing P Effective Coping Skills</p>

10.2. Healthful Living

10.2.6. GRADE 6

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 6	HPW: Primary Source	HPW Secondary Source
<p>A. Explain the relationship between personal health practices and individual well-being.</p> <ul style="list-style-type: none"> immunizations health examinations 	<p>Grade 4: TE 4-21, 24-39, 73-78, 174-175 PA 1, 2, 3, 10 SA 1-4, 5-7, 14, 15 EA 1, 2, 3, 4, 27 TR 1 Components of Health, 2 Goal Setting 3, Communication Skills Grade 5: TE 5-15, 18-27, 30-47, 83, 176 SA 1, 2, 3 EA 1, 2, 3, 4, 5 PA 1,2, 4 TR 1 Good Health 3 Communication Skills Grade 6: TE 10-17, 42, 235-237 SA 2, 3, 4, 5, 10, 60, 61 EA 8, 9, 10 TR 3a-b Communication Builders, Blockers 4 Communication Essentials</p>	<p>Grade 4: P 3 Ps of Constructive Criticism, Effective Coping Skills B Chang’s Paper Pony, Tales of a Fourth Grade Nothing, Sadako and the 1000 Paper Cranes C Problem Solving</p> <p>Grade 5: B Black Snowman, Number the Stars, Sign of the Beaver P Respect</p> <p>Grade 6: P Methods of Communication G Communication Challenge B Holes</p>
<p>B. Explain the relationship between health-related information and consumer choices.</p> <ul style="list-style-type: none"> dietary guidelines/food selection 	<p>Grade 4: TE 124-126, 146 SA 29, 38 TR 5 MyPyramid Grade 5: TE 50-54, 108, 124-127 SA 11, 24, 25, 26, 27 PA 13, 15 EA 8 HF Act 2 TR 9 Marketing Strategies</p>	<p>Grade 5: B Maniac Magee P Nutritional Vision Chart</p>

<ul style="list-style-type: none"> sun exposure guidelines/sunscreen selection 	<p>Grade 6: TE 194-208 SA 51, 52, 53 EA 29, 30 Tr 22 MyPyramid 27 Safe Food Preparation SRCD Tips for Healthy Thrifty Meals Nutritional Food Values Chart PC Eating Disorders</p>	
<p>C. Explain the media’s effect on health and safety issues.</p>	<p>Grade 4: TE 140-143 SA 35 TR 7 Marketing Strategies Grade 5: TE 91-93, 125-126, 169 SA 26, 37 TR 9 Marketing Strategies Grade 6: TE 54, 147-148, 163, 197-199 SA 11, 45 EA 29 Tr 18 Influences on Tobacco Use PC Eating Disorders</p>	<p>Grade 4: V Exercise, Nutrition and Sleep</p>
<p>D. Describe and apply the steps of a decision-making process to health and safety issues.</p>	<p>Grade 4: TE 27, 63, 106-107, 176-178 SA 24, 25, 43, 44 PA 22 Grade 5: TE 38-40, 60-62, 95-98, 160-162 SA 8, 12, 22, 34, 35 Grade 6: 168-172 SA 47, 48 EA 22, 23, 24</p>	<p>Grade 4 P Decision Making C Decision Making Cards: Safety; Problem Solving: Disease Prevention Cards Grade 6: P Decision Making Process V WIN</p>
<p>E. Analyze environmental factors that impact health.</p> <ul style="list-style-type: none"> indoor air quality (e.g., second-hand smoke, allergens) chemicals, metals, gases (e.g., lead, radon, carbon) 	<p>Grade 4: TE 42-52 EA 7, 8 SA 9, 10 PA 7 Grade 6: TE 52-58, 60-61, 64-66 SA 11, 12, 14, 15, 16 EA 11</p>	<p>Grade 4: B Every Living Thing Where Does the Garbage Go? Grade 6: B Holes</p>
<p>10.3. Safety and Injury Prevention 10.3.6. GRADE 6</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 6</p>	<p>HPW Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Explain and apply safe practices in the home, school and community.</p> <ul style="list-style-type: none"> emergencies (e.g., fire, natural disasters) personal safety (e.g., home alone, latch key, harassment) communication (e.g., telephone, Internet) violence prevention (e.g., gangs, weapons) 	<p>Grade 4: TE 60-70 EA 9, 10, 11 SA 11, 12, 13 PA 9 Grade 5: TE 164-169, 170-173 SA 36, 37 PA 20 TR 15 Dangers of Guns TR 16 Weapon Safety Grade 6: TE 59, 62-63, 100-118 SA 13, 23, 24, 25, 26, 27 EA 18 TR 11 Preventing Handgun Violence 12 Abuse</p>	<p>Grade 4: P School safety C Decision Making: Safety Cards Grade 6: V No Name Calling</p>
<p>B. Know and apply appropriate emergency responses.</p> <ul style="list-style-type: none"> basic first aid Heimlich maneuver 	<p>Grade 4: TE 54-58 PA 8 Grade 5: TE 158-163 SA 34, 35 PA 19 Grade 6: TE 120-133</p>	<p>Grade 4: V Emergency Services; Hotline to Help G Emergency Game</p>

<ul style="list-style-type: none"> universal precautions 	<p>SA 28, 29, 30, 31, 32 EA 19, 20 TR 13 Basic First Aid 14 Managing Bleeding Injuries 15 Electrical Emergencies</p>	
<p>C. Describe strategies to avoid or manage conflict and violence.</p> <ul style="list-style-type: none"> anger management peer mediation reflective listening negotiation 	<p>Grade 4: TE 80-86 SA 16, 17, 18 EA 12, 13 PA 11 Grade 5: TE 56-62, 68-72 SA 12, 14 PA 9, 10 TR 4 Dealing with Bullies TR 5 Resolving Conflicts Grade 6: TE 46-48, 92-98 SA 21, 22 EA 9 Tr 3 Communication Builders and Blockers 9 Common Causes of Conflict 10 Conflict Resolution Checklist</p>	<p>Grade 4: P Effective Coping Skills C Conflict Resolution Cards Grade 5: V Bullying B Maniac Magee G Conflict Resolution Bingo Game C Conflict Resolution Cards Grade 6: V Solving Conflicts with Teachers, Parents and Peers C Conflict Resolution Cards Communication Challenge</p>
<p>D. Analyze the role of individual responsibility for safety during physical activity.</p>	<p>Grade 4: Grade 6: TE 188-189 TR 26 Exercise Precautions</p>	<p>Grade 4:</p>

10.4. Physical Activity **** Please Refer to Your PE Curriculum****
10.4.6. GRADE 6

Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:

By Grade 6	HPW Primary Source	HPW Secondary Source
<p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p>	<p>Grade 4: TE 149-150 SA 39 Grade 5: TE 107-108, 132-134 EA 17, 18 PA 16 Grade 6: TE 187, 191 EA 28</p>	<p>Grade 4: B Grade 5: V To The Max- Eating & Exercising for Good Health Grade 6: V Ten Reasons to Exercise</p>
<p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p>	<p>Grade 4: 149-150, 152, 170-171 EA 20, 22, 25 HF Heart Health Grade 5: TE 128-130 TR 10 Benefits of Exercise Grade 6: TE 185-186 EA 26 TR 24 Benefits of Exercise</p>	<p>Grade 4: G Fountain of Fitness</p>
<p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> heart rate monitoring checking blood pressure fitness assessment 	<p>Grade 4: TE 151 PA 20 EA 20 Grade 5: TE PA Grade 6: TE 188-190, 192 EA 28 TR 26 Exercise Precautions</p>	
<p>D. Describe factors that affect childhood physical activity preferences.</p>	<p>** Please Refer to Your PE Curriculum**</p>	

<ul style="list-style-type: none"> • enjoyment • personal interest • social experience 		
<p>E. Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p>	<p>** Please Refer to Your PE Curriculum**</p>	
<p>F. Identify and describe positive and negative interactions of group members in physical activities.</p>	<p>** Please Refer to Your PE Curriculum**</p>	
<p>10.5. Concepts, Principles and Strategies of Movement ** Please Refer to Your PE Curriculum**</p>		