

Cocalico School District
Year-at-a-Glance - Curriculum Overview

Department: Health/PE

Course: Health

Grade Level: 6th

Big Ideas

- Health concepts are essential for wellness and a health-enhancing lifestyle.
- Participation in physical activity impacts wellness.
- Community well-being is dependent upon a balance of personal and social responsibility.

Units of Study	% of Course Time	Textbooks & Supplemental Materials	Assessments	Standards Addressed
<ul style="list-style-type: none"> • Health and Wellness 	25%	<ul style="list-style-type: none"> • McGraw Hill - Teen Health textbook • kidshealth.org • CDC 	<ul style="list-style-type: none"> • Physical health activity • Mental health activity • Social health activity • Final project 	<ul style="list-style-type: none"> • 10.4.6 D
<ul style="list-style-type: none"> • Drugs 	25%	<ul style="list-style-type: none"> • McGraw Hill - Teen Health textbook • drugfreeworld.org • kidshealth.org • Natural High website 	<ul style="list-style-type: none"> • Poster • Test • quizzes 	<ul style="list-style-type: none"> • 10.1.6 D
<ul style="list-style-type: none"> • Fitness and Nutrition 	13%	<ul style="list-style-type: none"> • McGraw Hill - Teen Health textbook • Mayo Clinic 	<ul style="list-style-type: none"> • My food plate • Heart rate activity 	<ul style="list-style-type: none"> • 10.4.6 A • 10.4.6 C
<ul style="list-style-type: none"> • Decision Making 	24%	<ul style="list-style-type: none"> • McGraw Hill - Teen Health textbook 	<ul style="list-style-type: none"> • Quiz • Role play activity • Role model presentation • Role model paper 	<ul style="list-style-type: none"> • 10.1.6 D • 10.2.6 D • 10.3.6 C
<ul style="list-style-type: none"> • Caring for your body 	13%	<ul style="list-style-type: none"> • McGraw Hill- Teen Health textbook • kidshealth.org 	<ul style="list-style-type: none"> • Project 	<ul style="list-style-type: none"> • 10.1.6 D



Eagle P.A.C.T. Course

We do activities as a class and in groups which require brainstorming, teamwork, communication and collaboration.