

BILLINGS PUBLIC SCHOOLS

HEALTH ENHANCEMENT

SIXTH GRADE

PHILOSOPHY

The health enhancement curriculum seeks to educate children regarding the importance of self-responsibility in achieving and maintaining a healthy lifestyle. Its purpose is to help young people take an active role in protecting, maintaining and improving their health while, at the same time, sensitizing them to critical ethical and moral issues that confront our society. It integrates lifestyle management throughout the curriculum and focuses on the total self. It addresses the intellectual, social, emotional and physical dimensions of self in addition to activity and sport. It emphasizes health as a value in life and enhances critical thinking, decision making and problem solving skills regarding health.

Therefore, as an educational system we believe we can teach all children and all children can learn. We believe accessing knowledge, reasoning, questioning, and problem solving are the foundations for learning in an ever-changing world. We believe education enables students to recognize and strive for higher standards. Consequently, we will commit our efforts to help students acquire knowledge and attitudes considered valuable in order to develop their potential and/or their career and lifetime aspirations.

STATE STANDARDS

- I. The students have a basic knowledge and understanding of concepts that promote comprehensive health.**
- II. The students demonstrate competency in a variety of movement forms.**
- III. The students apply movement concepts and principles while learning and developing motor skills.**
- IV. The students achieve and maintain a challenging level of health-related physical fitness.**
- V. The students demonstrate the ability to use critical thinking and decision making to enhance health.**
- VI. The students demonstrate interpersonal communication skills to enhance health.**
- VII. The students demonstrate health-enhancing behaviors.**

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LEARNER OBJECTIVES

I. The students have a basic knowledge and understanding of concepts that promote comprehensive health.

1. identify relationships between positive health behaviors and the prevention of injury, illness, disease, and premature death with emphasis on personal hygiene, illness prevention, and injury prevention.
2. recall function and maintain health of body systems with emphasis on endocrine and nervous systems.
3. discuss the effects of peers, family (heredity), and environmental influences on personal health.
4. demonstrate knowledge of health-enhancing strategies that encompass categories of drugs, HIV/AIDS, diet analysis, body mass index, eating disorders and injury treatment.

II. The students demonstrate competency in a variety of movement forms.

1. participate in a variety of physical skills encompassing rhythm, individual, dual and team sports and lifetime physical activities.
2. participate in team sports emphasizing ball handling skills, basic (modified) rules, and incorporating lead-up games (e.g. basketball, flag football, softball, volleyball, floor hockey, ultimate frisbee).
3. participate in dual sports with rule modification and lead-up games as appropriate for grade level (e.g. racquet sports).
4. participate in individual/lifetime physical activities with rule modification and lead-up games as appropriate for grade level (bowling, golf, jump rope fitness activities).
5. develop competency in all fundamental manipulative, locomotor, and non-locomotor movements.

III. The students apply movement concepts and principles while learning and developing motor skills.

1. identify the critical elements of movement skills in rhythm, individual/lifetime physical activities, and dual and team sports.
2. recognize that experience in a variety of movement settings improves motor performance.
3. apply basic offensive and defensive strategies in dual and team sports.

IV. The students achieve and maintain a challenging level of health-related physical fitness.

1. participate in a variety of developmentally appropriate fitness activities involving each of the five components of health-related physical fitness (muscular strength, muscular endurance, cardio-respiratory endurance, body composition, flexibility).
2. identify basic principles of training to improve health and related physical fitness (aerobic vs. anaerobic).
3. record periodic personal fitness levels and identify progress while working toward personal goals.

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V. The students demonstrate the ability to use critical thinking and decision making to enhance health.

1. individually and collaboratively apply problem-solving processes (role play, discussion, written response) to health issues such as illegal drug use, diet/nutrition, injury and illness prevention, personal hygiene.
2. analyze how health-related decisions regarding issues such as personal hygiene, illegal drug use, stress and nutrition are influenced by the attitudes and values of individuals, families, community, and media.
3. understand how decisions specific to health behaviors/issues listed above have consequences for self and others.
4. identify personal factors such as target heart rate range, body mass index, and the effects of warm-up that influence an individuals health goals.
5. evaluate the quality and effectiveness of their own work by applying specific criteria appropriate to the activity.

VI. The students demonstrate interpersonal communication skills to enhance health.

1. demonstrate ways to communicate care, consideration, and respect of self and others.
2. demonstrate healthy ways to express needs, wants, and feelings.
3. discuss refusal skills to enhance health.
4. utilize strategies to analyze and manage conflict in health-enhancing ways emphasizing cooperation/teamwork, audience behavior, rules, etiquette, and conflict resolution.

VII. The students demonstrate health-enhancing behaviors.

1. participate willingly in physical activity.
2. identify the social benefits of physical activity.
3. demonstrate the ability to work cooperatively as a team member in both cooperative and competitive settings.
4. demonstrate strategies to improve or maintain personal health.