

# BRIDGETON PUBLIC SCHOOLS

## 6<sup>th</sup> Grade Health

### UNIT/PACING CHART

#### Growth and Development, Chapter 6

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.1.B.6.1 2.1.B.8.1	<p><b>Lesson 1: From Cells to Body Systems</b></p> <p><b>Objective(s) Through class discussion/class activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Distinguish between cells, tissues, organs, and body systems.</li> <li>• Identify and describe the functions of the major body systems.</li> <li>• Describe how body systems work together.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health , course 1 page 150-153</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Class Work</li> <li>• Homework</li> <li>• Class Notes</li> <li>• Do Write Journal</li> </ul>

<p>4-6</p>	<p>2.1.B.6.1 2.1.B.8.1</p>	<p><b>Lesson 2 : Bones, Muscles, Blood and Lungs</b> <b>Lesson 3: Nerves and Digestion</b></p> <p><b>Objectives: Through student participation in group activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Describe the structures of the skeletal and muscular system and how the two systems support and move the body.</li> <li>• Describe the structure and function of the circulatory system.</li> <li>• Describe the structure and function of the respiratory system.</li> <li>• Describe how their nervous system controls their body’s functions.</li> <li>• Describe the structures and functions of the digestive and excretory systems.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 page 154-169 page 161-164</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheet</li> <li>• Long sheets of drawing paper</li> <li>• Markers</li> <li>• Crayons</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Class work</li> <li>• Homework</li> <li>• Class Notes</li> <li>• Do Write Journal</li> <li>• Group Project</li> </ul>
<p>2</p>	<p>2.4.B.6.1 2.4.B.6.5 2.4.B.6.6 2.4.B.8.1 2.4.B.8.7 2.4.B.6.3 2.4.A.6.5 2.1.A.6.1 2.1.B.8.2 2.1.B.8.3</p>	<p><b>Lesson 4: Adolescence: A Time of Change</b></p> <p><b>Objectives: Through class discussion/class activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Describe the structure and function of the endocrine system.</li> <li>• Describe the physical, social, and mental/emotional changes typical of adolescence.</li> <li>• Identify the factors that influence personality.</li> <li>• Define gender and list characteristics associated with each.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pages 165-169</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheets</li> <li>• Video: <u>Where Do I Come From</u></li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Class work</li> <li>• Class notes</li> <li>• Homework</li> <li>• Do Write Journal</li> <li>• Video Facts</li> </ul>

<p>2-4</p>	<p>2.4.C.6.1 2.4.C.6.2 2.4.C.6.3 2.4.C.8.1 2.4.C.8.2 2.4.C.8.3 2.4.C.8.4 2.3.A.8.3</p>	<p><b>Pregnancy and Childbirth</b></p> <p><b>Objectives: Through class discussion/class activity the</b></p> <p><b>SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Identify the signs and symptoms of pregnancy.</li> <li>• Discuss fetal development and the stages of pregnancy.</li> <li>• Identify the stages of birth and complications thereof.</li> </ul>	<ul style="list-style-type: none"> <li>• Sex Education Activities pages 22-24.</li> <li>• Teacher generated worksheets</li> <li>• Video: <u>Miracle of Life</u></li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Class work</li> <li>• Class notes</li> <li>• Homework</li> <li>• Do Write Journal</li> <li>• Video Facts</li> </ul>
<p>1-2</p>	<p>2.4.C.8.1 2.4.C.8.3 2.4.C.8.4 2.3.C.8.6</p>	<p><b>Lesson 5: Heredity and Growth</b></p> <p><b>Objectives: Through class discussion/class activity the</b></p> <p><b>SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain what heredity is and how traits are passed on.</li> <li>• Explain how a baby develops in a mother's body.</li> <li>• Identify the stages of the life cycle.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, Course 1 page 170-173</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheets</li> <li>• Video: <u>Genes and Heredity</u></li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Class work</li> <li>• Homework</li> <li>• Do Write Journal</li> <li>• Video Facts</li> </ul>
<p>1</p>	<p>2.1.B.6.1 2.1.B.8.1 2.4.B.6.1 2.4.B.6.5 2.4.B.6.6 2.4.B.8.7 2.4.C.6.1 2.4.C.6.2 2.4.C.6.3 2.4.C.8.1 2.4.C.8.2 2.4.C.8.3 2.4.C.8.4</p>	<p><b>Chapter 6 Review</b></p> <p><b>Objectives: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate their knowledge of chapter 6 through a chapter review.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 page 178-179</li> <li>• Jeopardy Game</li> <li>• Family Feud</li> </ul>	<ul style="list-style-type: none"> <li>• Student participation</li> </ul>

<p><b>1</b></p>	<p>2.1.B.6.1  2.1.B.8.1  2.4.B.6.1  2.4.B.6.5  2.4.B.6.6  2.4.B.8.7  2.4.C.6.1  2.4.C.6.2  2.4.C.6.3  2.4.C.8.1  2.4.C.8.2  2.4.C.8.3  2.4.C.8.4</p>	<p><b>Chapter 6 Test</b></p> <p><b>Objectives: SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Recall information of chapter for test.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 chapter test</li> <li>• Teacher Generated Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>
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## Preventing Diseases, Chapter 7

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES: Students will be able to	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.1.D.6.2 2.1.D.6.4 2.1.D.6.1 2.1.D.8.4 2.1.D.8.2	<b>Lesson 1: Causes of Diseases</b>  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Explain how people get sick.</li> <li>• List the four most common disease-causing germs.</li> <li>• Explain the four ways germs are spread.</li> <li>• Discuss the body's defense against disease.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 182-186</li> <li>• Teen Health corresponding worksheets</li> <li>• Sex Education Activities Book – SE 45</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Activity Worksheets</li> <li>• Class Notes</li> <li>• Do Write Journal</li> </ul>
1	2.1.D.6.1 2.1.D.6.2 2.1.D.6.4 2.1.D.8.3	<b>Lesson 2: Communicable Diseases</b>  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Identify the most common communicable diseases.</li> <li>• Discuss healthy behaviors that can help stop the spread of communicable disease.</li> <li>• List and discuss the vaccines that can prevent diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 187-190</li> <li>• Teen Health corresponding worksheets</li> <li>• Teacher generated worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Activity Worksheets</li> <li>• Class Notes</li> <li>• Do Write Journal</li> </ul>

<p>2</p>	<p>2.4.B.6.4 2.1.D.6.3 2.4.B.6.2 2.3.B.8.9 2.3.B.8.7 2.4.B.8.5</p>	<p><b>Lesson 3: Understanding STIs</b></p> <p><b>Objective(s) Through class discussions and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain what sexually transmitted infections are and how people can protect themselves against them.</li> <li>• Explain how HIV and other STIs are spread.</li> <li>• Explain why it is important to seek help in dealing with STIs.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 191 - 195</li> <li>• Teen Health corresponding Worksheets</li> <li>• Teen Health, course 2 pg. 346-351</li> <li>• Sex Education Activities Book SE 45-48</li> <li>• Teacher Generated Worksheet</li> <li>• Glitter</li> <li>• Vaseline</li> <li>• Q-tips</li> <li>• Latex Glove</li> <li>• Paper towels/tissues</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Activity Worksheets</li> <li>• Class Notes</li> <li>• Activity Participation</li> <li>• Do Write Journal</li> </ul>
<p>2</p>	<p>2.1.D.6.2 2.1.D.6.4 2.1.D.6.1 2.3.B.8.1 2.3.B.8.2 2.3.B.8.3 2.3.B.8.5 2.4.B.8.4 2.1.C.6.4 2.1.A.6.3 2.1.D.8.1</p>	<p><b>Lesson 4: Noncommunicable Disease</b></p> <p><b>Objective(s) Through class discussions and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain what noncommunicable diseases are.</li> <li>• List causes of noncommunicable diseases.</li> <li>• Explain what heart disease, cancer, allergies, asthma, and diabetes are.</li> <li>• Describe ways to avoid or control specific noncommunicable diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 196-199</li> <li>• Teacher Generated Worksheet</li> <li>• Teen Health corresponding Worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Activity Worksheets</li> <li>• Class Notes</li> <li>• Do Write Journal</li> </ul>

1	2.1.D.6.1 2.1.D.6.2 2.1.D.6.3 2.1.D.6.4 2.4.B.6.4 2.4.B.6.2 2.3.B.8.9	<b>Chapter 7 Review</b>  <b>Objective(s) SWBAT:</b> Demonstrate their knowledge of information in chapter 7 through a chapter review activity.	<ul style="list-style-type: none"> <li>• Teen Health, course 1</li> <li>• Jeopardy Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Student Participation</li> </ul>
1	2.1.D.6.1 2.1.D.6.2 2.1.D.6.3 2.1.D.6.4 2.4.B.6.4 2.4.B.6.2 2.3.B.6.2	<b>Chapter 7 Test</b>  <b>Objective(s): SWBAT</b> Recall information of chapter for test.	<ul style="list-style-type: none"> <li>• Teen Health, course 1 Test</li> <li>• Teacher Generated Chapter Test</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter Test</li> </ul>

## Tobacco, Chapter 8

1	2.3.B.6.1 2.3.B.6.2	<b>Lesson 1: Why Tobacco Is Harmful</b>  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Describe the harmful effects of using tobacco products.</li> <li>• Explain why tobacco leads to addiction.</li> <li>• Describe the harmful effects of smokeless tobacco.</li> <li>• Identify the dangers of secondhand smoke.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 212-217</li> <li>• Teen Health corresponding worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Activity Worksheet</li> <li>• Do Write Journal</li> </ul>
1	2.3.B.6.1 2.3.B.6.2 2.3.B.6.3	<b>Video: <u>Tobacco X Files</u></b>  <b>Objective(s) By viewing and collecting information from the video the SWBAT:</b> <ul style="list-style-type: none"> <li>• Witness visually the effects tobacco has on the body.</li> <li>• Collecting data for future use in refusal skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Video, <u>Tobacco X Files</u></li> </ul>	<ul style="list-style-type: none"> <li>• Video Facts</li> </ul>

1	2.3.C. 6.3 2.3.C.8.3	<b>Lesson 2: Staying Tobacco Free</b>  <b>Objective(S) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Explain why people start using tobacco.</li> <li>• Discuss strategies for staying tobacco free.</li> <li>• Create a poster encouraging peers to remain tobacco free.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 218-221</li> <li>• Straws</li> <li>• Teen Health corresponding worksheets</li> <li>• Magazine pictures</li> <li>• Markers</li> <li>• Crayons</li> <li>• Poster board</li> <li>• Poster Rubric</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Activity Participation</li> <li>• Substance Free Poster</li> </ul>
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## Alcohol and Other Drugs, Chapter 9

1	2.3.B.6.3 2.3.B.6.4	<b>Lesson 1: Why Alcohol is Harmful</b>  <b>Objective(s) Through class discussion and activity the SWBAT:</b> <ul style="list-style-type: none"> <li>• Explain how alcohol affects a person's physical and mental health.</li> <li>• Describe the short and long term risks of using alcohol.</li> <li>• Explain why a pregnant woman should not drink alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 230-233.</li> <li>• Teen Health corresponding Worksheets</li> <li>• Substance Abuse Worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Class discussion</li> <li>• Class notes</li> </ul>
1	2.3.B.6.3 2.3.B.8.6	<b>Health Lab: Vision Goggles</b>  <b>Objective(s) Through participating in the health lab, the SWBAT:</b> <ul style="list-style-type: none"> <li>• Experience the effects alcohol has on coordination and simple daily tasks.</li> </ul>	<ul style="list-style-type: none"> <li>• Task Card</li> <li>• Fatal Vision Alcohol Goggles</li> </ul>	<ul style="list-style-type: none"> <li>• Participation health lab</li> <li>• Task completion</li> </ul>



<p>1</p>	<p>2.3.A.6.1 2.3.A.6.2 2.3.A.6.3 2.3.A.6.4 2.3.A.8.1 2.3.A.8.2 2.3.A.8.4 2.3.A.8.5</p>	<p><b>Lesson 2: Using Medicine Responsibly</b></p> <p><b>Objective(s): Through class discussion and activity the</b></p> <p><b>SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain how medicines affect the body.</li> <li>• Explain why medicines have warning labels.</li> <li>• Explain how to use medicines safely.</li> <li>• List the signs of use and misuse.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 234-239</li> <li>• Teen Health corresponding worksheets</li> <li>• Prescription medicine bottles</li> <li>• OTC medicine labels</li> <li>• Substance Abuse Worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Do Write Journal</li> <li>• Class discussion</li> <li>• Activity worksheet</li> <li>• Group Participation</li> </ul>
<p>1</p>	<p>2.3.B.6.5 2.3.B.6.6 2.3.B.6.7 2.3.B.6.8 2.3.B.6.4 2.3.B.8.8 2.3.C.8.1</p>	<p><b>Lesson 3: What Illegal Drugs?</b></p> <p><b>Objective(s) Through class discussion and activity the</b></p> <p><b>SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Explain the dangers of illegal drugs.</li> <li>• Describe the main types of illegal drugs.</li> <li>• Identify the dangerous side affects of stimulants, depressants, narcotics, hallucinogens, inhalants, marijuana, and anabolic steroids.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 2 pg. 240-245</li> <li>• Teen Health corresponding Worksheets</li> <li>• Substance Abuse Activity Worksheet</li> </ul>	<ul style="list-style-type: none"> <li>• Class discussion</li> <li>• Activity Worksheet</li> </ul>

<p style="text-align: center;"><b>1</b></p>	<p>2.3.C.6.3 2.3.C.8.3 2.3.C.6.1 2.3.C.6.2 2.3.C.6.4 2.3.C.8.2 2.3.C.8.4 2.3.C.8.6</p>	<p><b>Lesson 4: Staying Drug Free</b></p> <p><b>Objective(s) Through class discussion and activity the SWBAT:</b></p> <ul style="list-style-type: none"> <li>• Identify why they should avoid using alcohol and other drugs.</li> <li>• Discuss the laws that regulate substance use.</li> <li>• Identify ways to stay substance free.</li> <li>• Explain how families of substance abusers can find help.</li> <li>• Create an anti-drug/alcohol commercial/poster/song /bumper sticker.</li> </ul>	<ul style="list-style-type: none"> <li>• Teen Health, course 1 pg. 246-249</li> <li>• Teen Health corresponding Worksheets</li> <li>• Substance Abuse Activity Worksheet</li> <li>• Crayons</li> <li>• Poster board</li> <li>• Markers</li> <li>• Video camera</li> <li>• TV/VCR</li> <li>• Paper</li> </ul>	<ul style="list-style-type: none"> <li>• Class Discussion</li> <li>• Anti-Drug Project</li> <li>• Activity worksheet</li> </ul>
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