



**School District of Horicon
Course Outline
Learning Targets**

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| 6th Grade Health |
| UNIT 1: Healthy Habits |
| <ul style="list-style-type: none"> ● Students will be able to explain the importance of sleep ● Students will be able to explain the importance of exercise ● Students will be able to identify good hygiene habits ● Students will be able to explain the importance of good hygiene ● Students will analyze the health risks if teens don't get enough sleep, exercise, or practice good hygiene |
| UNIT 2: Nutrition |
| <ul style="list-style-type: none"> ● Students will be able to identify the five food groups ● Students will be able to group foods into their correct food group ● Students will be able to create a balanced meal ● Students will be able to demonstrate reading a food label ● Students will be able to identify common kitchen tool ● Students will be able to demonstrate kitchen safety ● Students will be able to create healthy snacks |
| UNIT 3: Mental Health-Emotions |
| <ul style="list-style-type: none"> ● Students will be able to identify basic emotions in self & others ● Students will be able to demonstrate positive self-talk ● Students will be able to demonstrate empathy ● Students will be able to describe the term "conflict" ● Students will be able to write/say an "I feel" message ● Students will be able to demonstrate a variety of calming strategies |

Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.