

Student-s Name _____ Course Name Intermediate -Comprehensive School Health - (Grade 6)

R - retain, D - delete, C - changed

Outcomes

R D C Changed Outcome

MENTAL HEALTH				
The grade six student will				
1 distinguish between mental health and mental illness				
2 identify services to help people with mental illness				
3 identify the various resources available for personal support				
4 understand that everyone has basic emotional needs				
5 identify different kinds of feelings and understand how they influence behavior				
6 demonstrate appropriate ways to express a variety of emotions				
7 outline the steps to follow in dealing appropriately with a personal problem				
8 recognize the importance of discussing fears or concerns with someone you can trust				
9 understand the nature of stress and its effects on the body				
10 demonstrate some appropriate techniques in response to stressful situations				
RELATIONSHIPS				
The grade six student will				

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1 describe different kinds of relationships				
2 identify situations involving physical, emotional and sexual abuse				
3 recognize that some relationships may be abusive and there is a need to develop strategies to deal with them				
3 recognize that some relationships may be abusive and there is a need to develop strategies to deal with them				
4 describe ways to express caring				
5 identify responsibilities of family members				
6 understand that a person may have good friends of both sexes				
7 identify alternatives to dating for pre-adolescents and young adolescents				
8 identify ways of developing positive relationships with peers				
9 understand that the Provincial Human Rights Code protects people against discrimination				
10 identify instances which represent a breakdown in communication				
11 demonstrate effective communication skills				
PHYSICAL GROWTH AND DEVELOPMENT				

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The grade six student will				
1 outline the major functions of the skeletal system				
2 explain the role of muscles and how to build healthy muscles				
3 explain the role of the nervous system and how to protect it				
4 outline the parts and functions of the endocrine system				
5 describe the role of hormones during puberty				
6 realize that puberty brings additional responsibilities for your own body				
7 understand the developing reproductive systems				
8 realize that physical ability to reproduce occurs before social and emotional maturity				
NUTRITION				
The grade six student will				
1 realize that a balanced diet is desirable and is based on both nutrient and energy value				
2 explain the interrelationship of food intake and energy output and the need to keep them in balance				
3 propose nutritious food choices for meals				

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4 describe some common eating disorders and their influence on health				
5 explain how the six main categories of food nutrients work in the body (water, proteins, fats, carbohydrates, vitamins, and minerals)				
6 discuss some current findings on nutrition relative to disease prevention, e.g., heart disease, cancer				
7 discuss how food choices are affected by many factors including culture, tradition, religion, food availability, eating patterns and habits, and social influences and customs				
8 realize that there is adequate food to feed the world, but distribution of it is uneven				
SELF CARE				
The grade six student will				
1 discuss how prevention and early detection relate to wellness				
2 describe the procedures involved in a medical examination				
3 describe the methods of transfer of common communicable diseases				
4 discuss the necessity for extending personal hygiene as the body develops and grows				

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5 explain how AIDS is transmitted				
6 discuss personal responsibility in the prevention of such conditions as AIDS, heart disease and cancer				
DENTAL HEALTH				
The grade six student will				
1 identify some of the major factors contributing to tooth decay and gum disease				
2 recognize the importance of consistency and proper procedures in caring for teeth				
3 recognize that dental information is constantly changing				
4 describe first aid procedures for dental accidents				
ACTIVE LIVING				
The grade six student will				
1 discuss the relationship between relaxation and well-being				
2 set personal goals for daily physical activity				
3 explain how daily physical activity may involve individual or group participation				
4 discuss the relationship between food, physical activity and obesity				

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5 explain the relationship between physical work and heartbeat				
6 explain the significance of a healthy cardio-vascular system				
INJURY PREVENTION AND SAFETY				
The grade six student will				
1 discuss the importance of safety procedures for the use and operation of all-terrain vehicles, dirt bikes, in-line skates, skateboards and snowmobiles				
2 describe the procedures for boating and ice safety				
3 demonstrate some basic first aid procedures				
4 identify injuries which are prevalent in the community and describe ways of preventing them				
5 assess an area of the community for injury risk, i.e., home, school, recreational facility, neighborhood or roadways				
6 describe safety practices for using electrical appliances				
7 discuss the potential dangers of overexposure to the sun and the use of tanning machines				
8 discuss procedures and responsibilities involved in providing help in life saving situations				
DRUG EDUCATION				

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The grade six student will				
1 evaluate advertising techniques used to convince people to smoke cigarettes and consume alcohol				
2 discuss the personal and societal cost of smoking, drinking and other drug use				
3 identify alternative uses for money not spent on tobacco and alcohol				
4 identify street drugs and their effects on health and well-being				
5 identify alternatives to drug usage				
6 recognize the potential for addiction to tobacco and alcoholic beverages				
7 practice problem-solving and decision-making skills for preventing substance use and abuse				
8 practice refusal skills				
9 identify community resources that offer prevention and treatment services for substance abuse				
10 recognize that criminal activity is sometimes related to drug abuse				
CONSUMER HEALTH				

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The grade six student will				
1 list some of the contributions made by medical research to the cure of diseases and illnesses				
2 discuss some of the current research on health-related topics				
3 discuss the effectiveness of some health products in treating illness				
4 recognize the need for professional services when health care is required				
5 identify Medical Care Plan (MCP) as the health care plan for Newfoundland and Labrador				
6 discuss the cost of health care and the factors influencing that cost				
7 evaluate advertisements for personal care products, programs and/or services for such factors as effectiveness, appeal, accuracy of information and scientific support				
8 identify examples of male/female stereotyping in advertising				
ENVIRONMENTAL HEALTH				
The grade six student will				
1 identify projects for neighborhood improvement				
2 explain why insects and rodents may be dangerous to our				

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health				
3 discuss the safe use of pesticides				
4 describe how natural and man-made changes in the environment may have negative as well as positive implications				
5 identify ways to reduce, reuse and recycle in the community				
6 explain the greenhouse effect, the ozone layer, and pollution and the implications of these in terms of health				
7 demonstrate ways to conserve energy and/or products in the school setting				