

6th Grade American Online School

HEALTH EDUCATION CURRICULUM

Building Healthy Habits, Positive Identity, and Lifelong Wellbeing

Version May/2025

1. Introduction

The Role of Art Education in 6th Grade

In 6th grade, students begin navigating significant changes in their physical development, social relationships, and self-identity. This curriculum equips them with foundational health knowledge and practical skills to care for their minds and bodies. It emphasizes self-awareness, personal responsibility, respectful relationships, and balanced lifestyles, fostering early adolescence as a time of confidence and informed decision-making.

By the end of this course, students will:

- ✓ **Understand the physical, social, and emotional aspects of health.**
- ✓ **Practice healthy decision-making regarding hygiene, nutrition, sleep, and screen use.**
- ✓ **Develop empathy and strategies to respond to bullying and peer pressure.**
- ✓ **Build positive self-image and respectful communication skills.**
- ✓ **Demonstrate awareness of puberty-related changes and self-care routines.**

2. Core Competence Areas

HE.1 Self-Esteem and Identity

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Describe the components of a healthy self-image.
- ✓ Reflect on personal strengths, values, and challenges.
- ✓ Develop strategies to boost confidence and personal growth.

Competencies

HE.1.A.1 – Building positive self-concept.

- Explore identity through journaling and creative expression.
- Identify internal vs. external sources of self-worth.

HE.1.A.2 – Practicing positive self-talk and resilience.

- Learn affirmations and coping strategies.
- Discuss role models and goal-setting for growth.

HE.2 Bullying and Social Safety

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Recognize different types of bullying (physical, verbal, digital).
- ✓ Demonstrate empathy and respectful peer communication.
- ✓ Use assertiveness and support strategies to prevent and respond to bullying.

Competencies

HE.2.A.1 – Understanding bullying and its impact.

- Define bullying, teasing, conflict, and peer pressure.
- Discuss emotional effects on individuals and school climate.

HE.2.A.2 – Responding with courage and support.

- Use "stop, walk, talk" and bystander techniques.
 - Role-play safe reporting and supporting peers
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HE.3 Sleep and Daily Rhythms

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the importance of sleep for mood, learning, and health.
- ✓ Track personal sleep patterns and energy levels.
- ✓ Develop routines to support better rest.

Competencies

HE.3.A.1 – Exploring the body's need for rest.

- Analyze the link between sleep and school performance.
- Recognize sleep hygiene habits: routines, screens, caffeine.

HE.3.A.2 – Designing personal sleep improvements.

- Create a bedtime plan and reflect on benefits over time.
 - Set healthy screen-time limits around bedtime
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HE.4 Nutrition and Balanced Eating

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Identify major food groups and nutrients.
- ✓ Make balanced food choices throughout the school day.
- ✓ Understand portion sizes, labels, and hydration needs.

Competencies

HE.4.A.1 – Learning the basics of nutrition.

- Categorize proteins, carbs, fats, vitamins, and minerals.
- Use MyPlate or similar models to plan balanced meals.

HE.4.A.2 – Making informed choices.

- Read nutrition labels and avoid high-sugar/high-fat items.
 - Discuss the benefits of breakfast, water, and snack planning.
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HE.5 Screen Time and Digital Balance

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Monitor screen time and its impact on health and relationships.
- ✓ Recognize signs of digital fatigue or overuse.
- ✓ Practice healthy screen habits and tech boundaries.

Competencies

HE.5.A.1 – Understanding the digital health connection.

- Discuss effects of screens on sleep, vision, posture, and focus.
- Identify emotional changes from overuse or online stress..

HE.5.A.2 – Creating balanced media routines.

- Use screen time journals to track habits.
 - Set screen-free times and create tech-free zones.
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HE.6 Puberty and Your Changing Body

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Identify the physical and emotional changes of puberty.
- ✓ Respect individual differences in development and maturity.
- ✓ Use age-appropriate hygiene practices for growing bodies.

Competencies

HE.6.A.1 – Understanding bodily changes during adolescence.

- Discuss menstruation, voice changes, body odor, acne, and emotions.
- Normalize differences in timing and appearance.

HE.6.A.2 – Practicing daily self-care.

- Use hygiene checklists: showering, deodorant, grooming.
- Discuss personal care, privacy, and boundaries.

3. Assessment and Evaluation

Formative Assessments – Awareness and Exploration

- ✓ Self-reflection journals and checklists.
- ✓ Scenario cards and discussion groups.
- ✓ Health choice logbooks.

Summative Assessments – Application and Expression

- ✓ Personal health plan presentations.
- ✓ Hygiene kit design + informational poster.
- ✓ Sleep improvement action plan.

Authentic Assessment – Student Voice and Wellness Goals

- ✓ Nutrition week challenge participation.
- ✓ Digital balance peer tips slideshow.

4. Instructional Strategies for Online Learning

Discussion-Based and Experiential Activities

- ✓ Use real-life scenarios and guided reflection.
- ✓ Normalize questions, growth, and change.

Inclusive and Respectful Health Instruction

- ✓ Emphasize confidentiality and empathy.
- ✓ Use neutral, age-appropriate, and culturally responsive language.

Interactive Tools and Digital Platforms

- ✓ Use videos, infographics, and simulations.
- ✓ Assign reflections and self-assessments in digital journals.

Learning Culture

- ✓ Create a respectful space for sensitive topics.
- ✓ Celebrate growth, self-care, and personal responsibility.
- ✓ Support students in becoming informed, confident health advocates.