### FIRST TERM

<table>
<thead>
<tr>
<th>Marking Period Starts: 9/7/17</th>
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<tbody>
<tr>
<td>Suggested Completion Date: 11/9/17</td>
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</tbody>
</table>

#### Overarching/general themes

- Unit: Healthy Balance
  - Unit Title: Nutrition Education and Physical Activity
  - Unit Skills: Analyzing Influences, Accessing Resources, Goal Setting

#### To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):

- **Content/skill SWBAT statement (corresponding standards):**
  - Understand the importance of handling food safely (6.AI.S1, NHES 8.8.1) *MM NPA Lesson 1*
  - Analyze the benefits of being physically active (6.AR.K1a) *MM NPA Lesson 2,3; or Planet Health Lesson PE Microunits 1,19,20,21*
  - Describe the relationship of self-perception, body image, and body weight to physical activity (6.AI.S1, NHES 2.8.2) *MM NPA Lesson 4*
  - Explain how family, culture, and finances influence the foods we eat (6.AI.K4b, NHES 2.8.1) *Planet Health Lessons 28,29,30,35*
  - Describe ways of overcoming barriers to healthy eating, getting adequate sleep, and getting enough physical activity (6.GM.K1, NHES 6.8.3) *MM NPA Lesson 5; or Planet Health Lesson 1,11, or PE Microunit 5*
  - Develop a dietary and physical activity plan (6.GM.S1, NHES 6.8.2) *MM NPA Lesson 6, 7; or Planet Health PE Microunit 1*

**First Marking Period Ends: 11/9/17**

**Assessments During This Period:** Planet Health: Do you Make Space for Fitness and Nutrition, A Student Self-Assessment; Michigan Model for Health Grade 6: Nutrition and Physical Activity Pre-Unit Test/Post-Unit Test
<table>
<thead>
<tr>
<th>Dates</th>
<th>Textual References</th>
<th>To Demonstrate Proficiency by the End of the Quarter Students Will…. (with eligible content references):</th>
</tr>
</thead>
</table>
| Marking Period Starts: 11/13/17 | Unit: Healthy Mind  
Unit Title: Social and Emotional Health  
Health Education Skills: Accessing Resources, Interpersonal Communication, Decision Making  
SEL Skills: Self-Management, Social Relations, Decision Making | Content/skill SWBAT statement (corresponding standards):  
- Understand the different qualities of friendship (6.AI.S2, NHES 2.8.3) *MM SE Lesson 1*  
- Demonstrate effective listening skills (6.IC.S1, NHES 4.8.3) *MM SE Lesson 2*  
- Recognize when to use assertive communication skills (6.IC.S2, NHES 4.8.3) *MM SE Lesson 3*  
- Demonstrate the ability to manage strong feelings (6.IC.S1, NHES 4.8.1) *MM SE Lesson 4*  
- Describe the relationship between a strong personal support system and good mental health 6.AI.K2b, NHES 2.8.1) *MM SE Lesson 6*  
- Demonstrate the ability to solve a problem (6.DM.K4, NHES 5.8.5) *MM SE Lesson 8*  
- Demonstrate the steps of conflict resolution skills (6.IC.S1, NHES 4.8.3) *MM SE Lesson 9* |
| Suggested Completion Date: 1/26/18 |  |  |

Second Marking Period Ends: 1/26/18

Assessments During This Period: Michigan Model for Health Grade 6: Social and Emotional Health Pre-Unit Test/ Post-Unit Test
<table>
<thead>
<tr>
<th>THIRD TERM</th>
<th>Overarching/general themes</th>
<th>[Use the Rights, Respect, Responsibility curriculum for this unit.]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Textual References</td>
<td>To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):</td>
</tr>
</tbody>
</table>
| Marking Period Starts: 1/29/18 | Unit: Healthy Body/Safe Body Unit Title: Sexual Health Education Unit Skills: Accessing Resources, Decision Making, Goal Setting | **Content/skill SWBAT statement (corresponding standards):**
- Help to create a safe, supportive, and respectful learning environment
- Identify the physical changes happening during adolescence and the need for proper hygiene practices (6.DM.K2a, NSES PD.8.CC.1)
- Identify the emotional changes happening during adolescence and the common feelings that emerge (6.DM.K2a, NSES PD.8.CC.1)
- Describe the process of human reproduction (NSES PR.8.CC.1)
- Identify similarities and differences between friendships and dating relationships (6.AR.K3a, NSES HR.8.CC.1)
- Identify a range of ways people show affection in different types of relationships (NHES HR.8.CC.1)
- Define abstinence and its relation to pregnancy prevention (6.GM.S2, NSES PR.8.CC.2)
- Demonstrate communication skills that foster healthy relationships (NSES PR.8.IC.1)
- Find accurate and reliable online resources for sexual health information (6.AR.S3, NSES AP.8.AI.1) |

Suggested Completion Date: 4/13/18

Third Marking Period Ends: 4/13/18

Teacher Observation and Checklists; Rights, Respect, Responsibility Curriculum Pre/Post Assessments
### YEAR AT A GLANCE

#### Student Learning Outcomes by Marking Period

**2017-2018**

#### FOURTH TERM

**Overarching/general themes**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Textual References</th>
<th>To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):</th>
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<tbody>
<tr>
<td>Marking Period Starts:</td>
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<td>Content/skill SWBAT statement (corresponding standards):</td>
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<tr>
<td>4/23/18</td>
<td></td>
<td>- Analyze reasons why adolescents may or may not choose to use alcohol, marijuana, or other drugs (6.AI.S2, NHES 2.8.3) <strong>MM ATOD Lesson 1</strong></td>
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<td>- Describe the negative health effects of tobacco, marijuana, and other drug use, including addiction (6.GM.K3, NHES 1.8.1) <strong>MM ATOD Lesson 2</strong></td>
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<td></td>
<td>- Analyze peer, family, and media influences on tobacco, alcohol, and other drug use (6.AI.S1, NHES 2.8.1) <strong>MM ATOD Lesson 4</strong></td>
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<td>- Analyze how the effects of alcohol, marijuana, or other drug use can impact personal safety and future goals (6.GM.S3, NHES 6.8.4) <strong>MM ATOD Lesson 5</strong></td>
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<td>- Develop personal strategies to resist using tobacco, alcohol, or other drugs (6.IC.S3, NHES 4.8.1) <strong>MM ATOD Lesson 7</strong></td>
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<td>- Demonstrate effective negotiation and conflict resolution skills when responding to peer pressure (6.IC.S3, NHES 4.8.3) <strong>MM ATOD Lesson 7</strong></td>
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<td></td>
<td>- Demonstrate the ability to locate school and community resources to help with alcohol or drug problems (6.AR.S3, NHES 3.8.5) <strong>MM ATOD Lesson 8</strong></td>
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**Suggested Completion Date:** 6/20/18

Fourth Marking Period Ends: 6/20/18

**Assessments During This Period:** Michigan Model for Health Grade 6: Alcohol, Tobacco and Other Drugs Pre-Unit Test/ Post-Unit Test