

## **Course Description**

### **Grade 6 Health**

**Philosophy Statement:** God's Word states that our bodies are a temple in which His Spirit dwells. Health education consists of health knowledge, personal health awareness, and the skills to apply healthful living strategies. Students are taught to develop goals and plans which enables them to honor God by caring for His temple. Through the study of a Bible-based view of health, each student will develop a better appreciation of the body, mind, and spirit that God has given them.

**Course Description:** Health class helps students examine lifestyles, select goals, and make plans to achieve and maintain optimum health. Students will be encouraged to choose behaviors that promote health and prevent illness and accidents. Health provides current facts in the areas of physical health, mental and spiritual health, family and social health, growth and development, personal health, nutrition and fitness.

#### **Textbooks:**

The Immune System  
The Nervous System  
Alcohol, Tobacco, and Drugs

Reading Essentials in Science  
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#### **Materials:**

- Textbooks
- Spiral Notebook

**Time Allotment:** 30 minutes a day for 2 weeks with each topic.

#### **Course Content:**

- Spinal cord
- Parts of the brain
- Reflexes
- Parts of the immune system
- T Cells and B Cells
- Immunizations
- Immunodeficiency Disorders
- Autoimmune Disorders
- Alcohol's effects on the brain/body
- Tobacco's effects on the brain/body
- Stimulants
- Depressants
- Hallucinogens
- Steroids
- Myths about alcohol, tobacco, and drugs

#### **Areas to be evaluated:**

- Class participation
- Homework assignments
- Tests
- Quizzes

#### **Additional activities:**

In small groups, students will research a specific part of the immune system (skin, thymus, spleen, lymphatic vessels, bone marrow, white blood cells, lymph nodes, tonsils/adenoids, appendix) to determine the purpose of this in relation to the immune system. They will then share/ "teach" their information to the class.