

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

<p>6.1 My Road Ahead: Setting Reachable Goals</p> <p>Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.</p> <ul style="list-style-type: none"> • Goal Setting Model • Goal Setting Criteria • Identifying Resources for Support 	<p>6.2 Who's in the Driver's Seat? Making Responsible Decisions</p> <p>Students learn to plan their actions, evaluate their choices, and solve problems using the steps for responsible decision making. Students also examine how goals, peers, media, and family influence decisions.</p> <ul style="list-style-type: none"> • Decision Making Model • Understanding Consequences • Evaluating Consequences of Decisions 	<p>6.3 Diagnostic Tune-Up: Identifying and Managing Emotions</p> <p>Students learn to recognize and manage their emotions using healthy strategies and analyze how emotions and self-awareness influence decision making. They also learn to discern the emotions of others and demonstrate care and respect for self and others.</p> <ul style="list-style-type: none"> • Identify Intense Emotions • Physical Signals of Emotions • Emotion Management Strategies • Impact of Emotions on Decisions 	<p>6.4 Express Yourself: Effective Communication</p> <p>Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships. Students also analyze how perceptions and emotions can influence communication.</p> <ul style="list-style-type: none"> • Elements of Communication • Non-Verbal Communication • Differentiate Assertive, Aggressive, and Passive Communication 	<p>6.5 Peer Review: Bonding and Relationships</p> <p>Students learn and apply peer refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups.</p> <ul style="list-style-type: none"> • Peer Pressure • Peer Refusal Strategies • Assertiveness and Peer Refusal • Benefits of Positive Peer Groups • Understanding Influence
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Unit 2: Nutrition Information and Skills Application

<p>6.6 Premium Fuel: What is Food?</p> <p>Students learn the six essential nutrients and their functions in the body. Students also learn a variety of whole foods that provide essential nutrients to the body.</p> <ul style="list-style-type: none"> • Define Food and Nutrient • Identify Six essential Nutrients and their functions • Name a variety of whole foods that provide essential nutrients 	<p>6.7 Assembly Line: Essential Nutrients</p> <p>Students review the six essential nutrients and their functions. Students learn the relationship between nutrients and their health and the benefits of choosing nutrient rich foods.</p> <ul style="list-style-type: none"> • Describe the relationship between nutrient intake and health • Identify nutrient rich foods • Discuss the benefits of consuming nutrient rich foods 	<p>6.8 Liquid Cooled Benefits of Hydration</p> <p>Students learn the role of hydration in health and examine ways to incorporate drinking water into their daily routines. Students also examine the effects of consuming sweetened and caffeinated beverages on the body.</p> <ul style="list-style-type: none"> • Define Hydration and its role in immune function • Effects of Caffeine on the body • Effects of consuming sweetened beverages on the body 	<p>6.9 Device Charging: Benefits of Sleep and Exercise</p> <p>Students learn the benefits of sleep and discover ways to incorporate enough sleep into their nights. Students also learn the benefits of exercise and determine how to include a variety of moderate to vigorous physical activity into their day.</p> <ul style="list-style-type: none"> • The benefits of sleep • Benefits of exercise • Identify ways to maximize sleep • Identify ways to be physically active 	<p>6.10 Safe Driver: Being a Positive Influence Course Review</p> <p>Students examine social influence, and the relationship between the actions of one person and those of others. Students recall and apply the skills covered in the course and review nutrition information including hydration, sleep, and exercise.</p> <ul style="list-style-type: none"> • Define social influence • Benefits of positive peer influence • Course Review
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