

# MS Curriculum Overview

1. Course Title	6th Grade Health			
2. Course Overview	<p>This semester-long Health Education course helps students develop the knowledge and skills needed to make healthy decisions and promote overall well-being. Students will explore the components of effective goal-setting, develop the skills to make healthy decisions related to nutrition, build awareness of mental and emotional health and build a foundation of knowledge as it pertains to the negative effects of vaping and how to handle peer pressure. Through discussions, activities, and self-reflection, students will strengthen their ability to manage challenges and support lifelong health and wellness.</p>			
3. Main Resource Used	<p><a href="#">Healthy and Balanced Living Curriculum Framework   Connecticut State Department of Education</a></p>			
4. Unit Sequence & Titles	<p><b>Unit 1</b></p> <p><b>Nutrition</b></p>	<p><b>Unit 2</b></p> <p><b>Goal Setting</b></p>	<p><b>Unit 3</b></p> <p><b>Mental Health</b></p>	<p><b>Unit 4</b></p> <p><b>ANOD (Vaping)</b></p>