

YourAmazing Body

6th grade

60 minute Classroom Program \$7 Per Child

Be a part of a game show format, as students take a remarkable tour of the body to uncover incredible facts about the heart, lungs, kidneys, bones, stomach, and muscles. Are you up for the challenge? With fun game show questions, friendly competition, and lots of class participation, this program is a hit!

Your two hour Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

YOUR AMAZING BODY meets the following Mississippi State Health Competencies:

- Competency 1:** Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1
Sub-Competencies:
- Analyze how health education and promotion benefits individuals (e.g., reduces number of doctor visits, premature deaths, and chronic diseases).
- Competency 4:** Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (PH, F, M, S) NHES 4
- Competency 5:** Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5
- Competency 6:** Demonstrate the ability to use goal-setting skills to enhance health. (N, PH, H, S) NHES 6
Sub-Competencies:
- Identify forms of exercise that help us to be healthier.
- Competency 7:** Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7
Sub-Competencies:
- Demonstrate ways to practice helpful behaviors and build health skills.
 - Explain and give examples of the use, misuse, and abuse of substances.

HealthWorks!

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Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Sub-Competencies:

- Employ the ability to encourage and support others in making healthy choices.

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

<i>Personal Health and Consumer Health (PH) (CH)</i>	<i>Nutrition and Fitness (N)</i>
<i>Mental Health (M)</i>	<i>Substance Abuse Prevention (SA)</i>
<i>Family/Social Health (F)</i>	<i>Community and Environmental Health (C)</i>
<i>Human Growth and Development (H)</i>	<i>Safety and First Aid (S)</i>
<i>Disease Prevention and Control (D)</i>	<i>National Health Education Standards (NHES)</i>