

Health Curriculum Guide Grade 5

National Standards	Outcomes	Assessments	Units, Topics/ Activities	Materials and Resources
Students will comprehend concepts related to health promotion and disease prevention.	Describe physical and emotional changes during puberty. Explain biological differences between males and females.	None at SL Discussion questions Test at CM		Videos – <i>Growing up for Girls – Boys</i> Packet – The Great Body Shop – Growing Up and “Those Crazy, Mixed Up Emotions” Speakers at CM
	Explain negative effects of chemical abuse.	DARE essay		DARE Great Body Shop “Danger Ahead: The Truth about Drugs”
Students will demonstrate the ability to access valid health information and health-promoting products and services.				
Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	Demonstrate bus and pedestrian safety. Transfer nutritional concepts to create and identify healthy food choices.	Quiz – state Quiz, projects		Bus Co. program video Food and Nutrition FOSS kit
Students will analyze the influence of culture, media, technology and other factors on health.				Grade Great Body Shop “All the Right Stuff”
Students will demonstrate the ability to use interpersonal communication skills to enhance health.	Practice assertive communication and refusal skills. Demonstrate appropriate strategies to deal with harassing and/or abusive situations.	DARE essay Graduation		DARE
Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.				

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Students will demonstrate the ability to advocate for personal, family and community health.				