

## Course/Grade Level: Fifth Grade Health Curriculum

**Focus:** Students will evaluate healthy life styles, substance abuse information, and appropriate human growth and development.

### **H.5.1 Students will examine key aspects of a healthy lifestyle.**

Students will...

- H.5.1.1 identify and demonstrate individual nutrition, exercise, and rest needs. (MS.1.1, 1.3, 1.4) *Covered per science S.5.7*
- H.5.1.2 demonstrate ability to contact available medical resources for help when needed. (MS.2.3)
- H.5.1.3 discuss healthy mental and emotional health. (MS.1.1, 1.3) *Covered per guidance G.5.1 and G.5.2*
- H.5.1.4 demonstrate wise decisions for safety and injury prevention. (MS.3.2, 4.3, 4.4) *Covered per science S.5.7*
- H.5.1.5 describe the prevention and control of disease.

### **H.5.2 Students will analyze substance abuse, misuse, and addiction.**

Students will...

- H.5.2.1 identify healthy uses and possible harm of prescription drugs. (MS.3.1, 3.2, 4.4)
- H.5.2.2 examine harmful effects of drinking alcohol. (MS.1.1, 1.3, 3.1, 3.3) *Covered per guidance G.5.2*
- H.5.2.3 examine harmful effects of illegal drugs. (MS.3.1, 3.3, 7.3) *Covered per guidance G.5.2*
- H.5.2.4 demonstrate refusal skills. (MS.5.4) *Covered per guidance G.5.2*
- H.5.2.5 demonstrate knowledge of healthy alternative choices to drug usage. (MS.1.1, 1.3, 3.1, 3.2) *Covered per guidance G.5.2*

### **H.5.3 Students will discuss age appropriate knowledge of human growth and development.** *(Supported by Project TEEN)*

Students will...

- H.5.3.1 describe healthy vs. unhealthy physical growth & development. (MS.1.1, 1.2, 1.3)
- H.5.3.2 compare healthy and unhealthy mental, emotional, and social growth/development. (MS.5.1, 1.2, 1.3)
- H.5.3.3 discuss healthy, age-appropriate choices in opposite sex relationships. (MS.1.3, 1.4, 4.4)
- H.5.3.4 name major male and female reproductive organs and describe their functions. (in single sex classes)