

Fifth Grade Health – 2014 – Year at a Glance

Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>GBS (1) First Aide Facts L1. First Aide – What, Who, When L2. First Aide That You Can Do L3. Your Community and How to Call for Help L4. Taking Precautions</p> <p>GBS (5) Those Crazy Mixed-Up Emotions L4. Send The Message: My Body Is Private* - Portfolio 4 – Avoiding Risky Situations* - Activities 9, 21, 26, 27*</p> <p>*Required</p> <p>Common Sense Media Super Digital What’s Cyberbullying You’ve Won a Prize</p>	<p>GBS (2) Brainstorms! Your Central Nervous System L1. The Amazing Brain L2. Sending Signals L3. Drugs and the Damage They Do L4. Injuries and Disorders</p> <p>GBS (3) You are What You Eat L1. Beyond the Basics L2. Life Cycle and Nutrition L3. What Can Go Wrong L4. Making a Difference</p> <p>GBS (4) Love Your Lungs L1. The Respiratory System L2. Community Health and Disease of the Respiratory System L3. Smoking and Your Lungs L4. Pollution in the Community</p>	<p>GBS (5) Those Crazy Mixed-Up Emotions L1. Your Emotions Are Your Body L2. Your Emotions and Your Life L3. Troubled Times</p> <p>GBS (6) Growing Up L1. Hormones and Your Body L2. Growing Up Male and Female L3. Good Hygiene and Feeling Good About the Way You Look L4. Growing Up with a Healthy Attitude</p> <p>Common Sense Media Selling Stereotypes</p>	<p>GBS (7) Danger Ahead: The Truth about Drugs L1. The Effects of Use, Misuse, and Abuse of Drugs L2. Drug Abuse and the Family L3. Drugs and Advertising L4. Choose to Be Drug-Free</p> <p>GBS (8) About Blood and HIV L1. Your Circulatory System L2. Your Blood and Your Immune System L3. HIV, Enemy of the Immune System L4. Helping Hands</p>