

Grade 5

Adopted 2010

Personal Wellness (Health Education)

Enduring Knowledge - Understandings

- maintaining a healthy lifestyle is an individual's responsibility.
- physical, emotional and social changes are normal in the growth and development process.
- social interaction skills can influence an individual's physical, mental and emotional health and affect relationships.
- physical, social, mental and emotional health are impacted by the environment, lifestyle, family history, peers and other factors.
- culture, media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal health.
- behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.
- positive health habits prevent the spreading of diseases and injuries to self and others.
- self-management and coping strategies can enhance mental and emotional health.
- a variety of resources are available to inform, treat and counsel individuals with physical, mental, social and emotional health needs.

Skills and Concepts - Personal and Physical Health

- explain the importance of assuming responsibility for personal health behaviors
- determine health goals by identifying personal strengths and weakness
- describe how individual behaviors and choices of diet, exercise and rest affect the body

Skills and Concepts - Growth and Development

- explain the concept of maturity as it relates to physical, social and emotional development
- describe physical, social and emotional changes that occur during preadolescence

Skills and Concepts - Social, Mental and Emotional Health

- demonstrate social interaction skills by:
 - using appropriate means to express needs, wants and feelings
 - using effective social interaction skills (e.g., listening, cooperation, making friends, empathy)
 - recommending ways to avoid or reduce stressful situations/harmful behaviors in relationships (e.g. bullying, peer pressure, conflict)
- demonstrate the ability to apply a decision-making process to solve health issues and health problems
- identify common social and emotional problems (aggression, anxiety, depression)
- identify self-management and coping strategies (goal setting, refusal skills, decision making and time management) that enhance health

Skills and Concepts - Family and Community Health

- analyze how personal health, health behaviors and use of health services can be influenced by:
 - family traditions/values
 - technology and media messages
 - cultural beliefs
 - physical and social environments
 - information from peers

Skills and Concepts - Communicable, Non-Communicable and Chronic Diseases Prevention

- demonstrate an understanding of diseases by:
 - describing symptoms and treatments of communicable diseases (cold, strep throat, chicken pox)
 - describing symptoms and treatments of non-communicable diseases (asthma, heart disease, diabetes, skin cancer)
- investigate family history, environment, lifestyle and other risk factors related to the cause or prevention of disease and other health problems
- demonstrate an understanding of how to maintain a healthy body by:
 - explaining how body systems work together (e.g., digestive, circulatory and respiratory systems)
 - describing ways pathogens from the environment enter the body and body defenses that fight pathogens
 - identifying and explaining behaviors that promote personal hygiene (e.g., the use of grooming products) or can affect self and others in the prevention and spread of disease (e.g., hand washing, care of teeth and eyes, covering coughs and sneezes, sun protection)
 - describing reasons for regular visits to health care providers

Skills and Concepts - Alcohol, Tobacco and Other Drugs

- demonstrate an understanding of the use and misuse of alcohol, tobacco and other drugs by:
 - distinguishing between the use and misuse of drugs, alcohol and tobacco and identify the effects each use might have on the body
 - describing their effects on physical, mental, emotional and social health (e.g., effects on family life)
 - identifying illegal drugs (inhalants, marijuana, stimulants, depressants) and describing how their usage affects the body systems
 - identifying resources available to individuals seeking treatment or counseling for negative behaviors or addictions
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Nutrition (Health Education)

Enduring Knowledge - Understandings

- proper nutrition is essential to growth and development.
 - nutrients provide energy for daily living.
 - resources are available to assist in making nutritional choices.
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Skills and Concepts

- provide examples of foods that are sources of the six nutrients (protein, carbohydrates, fats, minerals, vitamins, water)
 - identify the role of nutrients and food sources which are important in the growth and development of healthy bodies
 - interpret and explain the recommendations of national resources (e.g., Food Guide Pyramid (FGP), Dietary Guidelines for Americans) in making healthful food choices
 - explain the role of the digestive system in nutrition
 - explain how the nutritional information provided on food labels impacts dietary choices
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Safety (Health Education)

Enduring Knowledge - Understandings

- safety practices and procedures help to prevent injuries and provide a safe environment.
- community and state resources are available to assist in hazardous situations.
- proper procedures must be used in emergency situations.

Skills and Concepts

- explain and practice safety rules/procedures for crossing streets/highway, riding in cars and on buses and using playground equipment
- identify and explain ways to prevent injuries at home and at school (e.g., seat belts, helmets, knee pads, falls, poisonings) for a variety of situations
- demonstrate school and home safety procedures (e.g., tornado, fire, earthquake drills)
- explain and demonstrate the effects injuries have on the body (e.g., skeletal system, skin, eyes)
- describe proper procedures (e.g., calling 911, Heimlich maneuver, stop, drop & roll, apply pressure) for dealing with a variety of emergency situations (e.g., choking, bleeding, burns and broken bones)
- explain safety practices (e.g., use of seatbelts/helmets/life vests) for dealing with a variety of health hazards (e.g., crossing the street, talking to strangers, dealing with threatening situations) while at home, school and play
- describe how to avoid dangerous situations involving strangers, fires and internet safety
- identify the available community and state health and safety agencies and the services they provide (e.g., health department, fire department, state police, hospital transport services)
- access and use reliable resources on safety guidelines for avoiding injuries and dangerous situations

**Psychomotor Skills
(Physical Education)****Enduring Knowledge - Understandings**

- spatial awareness, motor skills and movement patterns are needed to perform a variety of physical activities.
- movement concepts, principles and strategies apply to the learning and performance of physical activities.

Skills and Concepts

- demonstrate a variety of locomotor and combination skills in a movement pattern
 - use non-locomotor, locomotor and combination skills to demonstrate movements in creative sequences and in simple patterned dances, games and other activities
 - demonstrate a variety of non-locomotor, locomotor and combination skills while participating in different games and sports
 - develop manipulative skills of throwing, catching, kicking and striking while developing motor skills (e.g., sliding, running, jumping) for use in games and other activities that lead to more complex games and sports (e.g., football, volleyball, soccer, softball)
 - demonstrate and explain how movement patterns are influenced by space, force and time
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Lifetime Physical Wellness (Physical Education)

Enduring Knowledge - Understandings

- physical activity provides opportunities for social interaction, challenges, and fun.
 - participation in regular physical activity has physical, mental and social benefits.
 - practice is a basic component for improving sport skills.
 - rules impact the effective participation in physical activities.
 - personal and social behavior that shows respect to self and others impacts enjoyment and safety in physical activity settings.
 - regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.
 - fitness principles and techniques are used to improve/maintain physical health.
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Skills and Concepts

- explain how physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction
- explore a variety of physical activities in order to determine like and dislikes of games, sports and other activities
- identify and explain health benefits that result from regular participation in physical activity
- describe how physical activity is related to emotion/mental health
- participate in daily physical activity during and after school
- investigate the role of practice for successful participation in physical activity; explain why repeated appropriate practice contributes to increased skill development
- investigate personal skill proficiency through a variety of tasks and explain why some skills are more developed than others
- when participating in a variety of physical activities and games:
 - explain the need for rules in social settings
 - recognize and use appropriate safety principles, rules, procedures and etiquette
- demonstrate appropriate behaviors of sportsmanship, cooperation, teamwork and conflict resolution in physical activity settings
- explain how rules of play and sportsmanship for spectators and participants during games and/or activities make them safe and enjoyable
- describe and demonstrate the health related fitness components (muscular strength, muscular endurance, flexibility, body composition, cardio respiratory endurance)
- explain the meaning of F.I.T.T. Principle (Frequency, Intensity, Type, Time) as it relates to fitness
- identify lifetime physical activities (e.g., biking, swimming) that meet requirements for improving fitness