

Grade 5

Adopted 2007

Nutrition and Physical Activity

1: Core Concepts

- 1.1 Describe the essential nutrients the body needs to stay healthy.
 - 1.2 Describe guidelines to follow for healthy eating.
 - 1.3 Identify calcium and vitamin D intake and physical activity as protectors from developing osteoporosis.
 - 1.4 Explain the importance of choosing water rather than other beverages for the purpose of keeping the body hydrated.
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2: Access Information

- 1.5 Interpret information provided on food labels.
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3: Health Behaviors

- 1.6 Choose a snack using specific criteria such as fat, carbohydrate, fiber, calcium, and calorie content of foods.
 - 1.7 Plan a meal using specific criteria such as fat, carbohydrate, fiber, calcium, and calorie content of foods.
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Alcohol, Tobacco, and Other Drugs

1: Core Concepts

- 2.1 Describe poison safety rules for household products.
 - 2.2 Describe the short- and long- term physical effects of using tobacco and inhalants.
 - 2.3 Describe health benefits of abstaining from or stopping tobacco use.
 - 2.4 Recognize that it is hard to stop using tobacco.
 - 2.5 Compute the economic cost of tobacco use.
 - 2.6 Explain school policies and community laws related to the sale and use of tobacco products.
 - 2.7 Describe how use of alcohol and other drugs impairs safe driving.
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3: Health Behaviors

- 2.8 Apply effective strategies to avoid exposure to inhalants.
 - 2.9 Apply strategies to avoid riding with an impaired driver.
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4: Influences

- 2.10 Analyze the accuracy of information conveyed in the media about tobacco use.
- 2.11 Explain how decisions about alcohol and tobacco use will impact relationships with friends and family.
- 2.12 Analyze how families and peers may influence choices about using tobacco and inhalants.

6: Decision Making

- 2.13 Analyze the positive and negative choices one can make about using tobacco and alcohol.

7: Social Skills

- 2.14 Demonstrate verbal and non-verbal ways to refuse tobacco, alcohol, inhalant, and other drug use.

Safety

1: Core Concepts

- 3.1 Explain the importance of respecting personal space and boundaries.
- 3.2 Describe the characteristics of appropriate and inappropriate touch.
- 3.3 Explain that a child is not at fault if someone touches him or her in an inappropriate way.
- 3.4 Describe hazards related to sun, water, and ice.

2: Access Information

- 3.5 Demonstrate how to ask a trusted adult for help.

3: Health Behaviors

- 3.6 Analyze situations to predict safety hazards when home alone and in public places.
- 3.7 Apply strategies to avoid personally unsafe situations.
- 3.8 Apply strategies to be safe in the sun and when around water and ice.

5: Goal Setting

- 3.9 Develop plans to stay safe when home alone and in public places.

7: Social Skills

- 3.10 Demonstrate strategies to get away in cases of inappropriate touching or abduction.

Social and Emotional Health

1: Core Concepts

- 4.1 Describe the harmful impact of harassing behaviors to both the perpetrator and the victim.

2: Access Information

- 4.2 Describe how to get help from an adult when someone is in danger of hurting self or others.

3: Health Behaviors

- 4.3 Demonstrate strategies to manage strong feelings.
- 4.4 Predict situations that might lead to trouble, including violence.
- 4.5 Demonstrate strategies to avoid situations that might lead to trouble.
- 4.6 Demonstrate the ability to manage harassment, including getting help from a trusted adult.

5: Goal Setting

- 4.7 Set a personal goal and plan the steps necessary to achieve the goal.

6: Decision Making

- 4.8 Describe the characteristics of people who can help make decisions and solve problems.
- 4.9 Explain the decision making and problem solving steps.
- 4.10 Demonstrate making a decision or solving a problem using criteria to evaluate solutions.

7: Social Skills

- 4.11 Demonstrate effective listening strategies.
- 4.12 Demonstrate how to communicate assertively.
- 4.13 Apply the steps of conflict resolution to a real or hypothetical situation.

8: Advocacy

- 4.14 Advocate for a caring school environment.

Personal Health and Wellness

1: Core Concepts

- 5.1 Analyze the physical, emotional, mental, and social importance of keeping the body clean.

4: Influences

- 5.2 Analyze media influences related to hygiene products.

5: Goal Setting

- 5.3 Develop a plan to keep the body clean.

HIV Prevention

1: Core Concepts

- 6.1 Define HIV and AIDS.
- 6.2 Explain that it is safe to be a friend of someone who is living with HIV or AIDS.

6.3 Describe how HIV is and is not transmitted.

3: Health Behaviors

6.4 Describe ways people can protect themselves from infection with serious blood borne communicable diseases, including not touching blood, not touching used needles, and not having sex.

Growth and Development

1: Core Concepts

- 7.1 Explain that males and females develop at different rates, and there are wide variations within each sex.
 - 7.2 Explain social changes during puberty (e.g., changes in friendships, crushes/attractions, and changing expectations of parents/adults).
 - 7.3 Explain emotional changes during puberty (e.g., mood shifts).
 - 7.4 Explain physical changes that occur during puberty (e.g., body hair, body odor, voice, body shape, strength, hormones, and menstruation).
 - 7.5 Define and identify basic male and female reproductive anatomy using scientific names.
 - 7.6 Define the functions of sperm and egg cells in human reproduction.
 - 7.7 Describe how sperm cells are produced.
 - 7.8 Describe the menstrual cycle and its potential for human reproduction.
 - 7.9 Describe the functions of basic male and female reproductive anatomy.
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2: Access Information

- 7.10 Describe criteria to determine whether resources provide accurate information about puberty; and apply these criteria to identify valid resources.
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4: Influences

- 7.11 Explain how culture, media, and others influence what one thinks about oneself and relationships.