Nevada Health

Grade 5

Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Personal, Community, and Environmental Health Strand

1. Examine the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.5.1
2. Examine the impact of communicable and noncommunicable diseases. 1.PCE.5.2
3. Investigate the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health. 1.PCE.5.3
4. Examine how individuals interact within family structures and the community. 1.PCE.5.4
5. Analyze the impact genetics and family history have on personal health. 1.PCE.5.5

Mental and Emotional Health Strand

1. Compare the causes, symptoms, and effects among stress, anxiety, sadness, and depression. 1.ME.5.1
2. Relate how the expression of emotions can be triggered by a crisis or a trauma situation. 1.ME.5.2

Nutrition and Physical Activity Strand

1. Examine how the six essential nutrients contribute to health promotion and disease prevention. 1.NP.5.1
2. Identify the mental, social, and physical benefits of physical activity. 1.NP.5.2

Substance Use and Abuse Strand

1. Compare how over-thecounter and prescription medication use and abuse can affect family and friends. 1.SUA.5.1
2. Investigate how alcohol, tobacco, marijuana, and other drugs can affect the health of an individual, family, and friends. 1.SUA.5.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1. Assess the level of danger at home, school, and in the community. 1.SIC.5.1
2. List common first aid procedures for a given scenario such as cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED). 1.SIC.5.2

Personal Safety Strand

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1. Explain the importance of not violating a person's safe personal space. 1.PS.5.1
2. Examine patterns of abusive behavior and ways to get help. 1.PS.5.2

3 Explain the reporting process and include where, when, and to whom to report unsafe situations. 1.PS.5.3

4 Summarize the hazards and dangers of becoming separated or lost from a parent, guardian, or caregiver. 1.PS.5.4

6 Explain the advantages and disadvantages of communicating using technology and social media. 1.PS.5.6

Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand

1 Identify the structures and functions of the human reproductive systems using correct anatomical terms. 1.HRS.5.1

2a Explain the physical, social and emotional changes that occur during puberty and adolescence. 1.HRS.5.2A

2b 1.HRS.5.2b Explain how the timing of puberty and adolescent development varies considerably and can still be healthy. 1.HRS.5.2B

3 Describe how puberty prepares human bodies for the potential to reproduce. 1.HRS.5.3

5a 1.HRS.5.5a Identify how HIV/AIDS and related communicable diseases (STDs/STIs) are and are not transmitted. 1.HRS.5.5.A

5b 1.HRS.5.5b Identify current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/STIs). 1.HRS.5.5.B

6 Describe the characteristics of healthy relationships. 1.HRS.5.6

Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.

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Describe how other factors such as school, community, and extracurricular activities influence health behaviors. 2.AF.5.1

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Access Information: Students will demonstrate the ability to inf

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and services to enhance health	
Compare health information, products, and services that promote health. 3.AI.5.1	**1 Compare health information, products, and services that promote health.** 3.AI.5.1
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.	**Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.**
Demonstrate effective verbal and non-verbal communication skills to enhance health and to avoid or reduce health risks. 4.IC.5.1	**1 Demonstrate effective verbal and non-verbal communication skills to enhance health and to avoid or reduce health risks.** 4.IC.5.1
Practice refusal skills to avoid or reduce health risks. 4.IC.5.2	**2 Practice refusal skills to avoid or reduce health risks.** 4.IC.5.2
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.	**Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.**
Choose a healthy option when making a decision. 5.DM.5.1	**1 Choose a healthy option when making a decision.** 5.DM.5.1
Describe the outcomes of a health-related decision. 5.DM.5.2	**2 Describe the outcomes of a health-related decision.** 5.DM.5.2
Goal Setting: Students wi ab	**Goal Setting: Students will demonstrate the ability to use goal-setting skills to nhance health.**

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setting skills to enhance health.	
Set a health goal and track progress toward its achievement. 6.GS.5.1	**1 Set a health goal and track progress toward its achievement.** 6.GS.5.1
Describe how resources can assist in achieving a health goal. 6.GS.5.2	**2 Describe how resources can assist in achieving a health goal.** 6.GS.5.2
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.**
Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. 7.SM.5.1	**1 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.** 7.SM.5.1
Demonstrate a variety of behaviors that avoid or reduce health risks. 7.SM.5.2	**2 Demonstrate a variety of behaviors that avoid or reduce health risks.** 7.SM.5.2
Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.	**Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.**
Demonstrate advocacy within the community to make positive health choices. 8.AV.5.1	**1 Demonstrate advocacy within the community to make positive health choices.** 8.AV.5.1