Washington Health and Physical Education

Health: Grade 5

Adopted 2016

Washington State Health Education K-12 Learning Standards:

Standard 1 **Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

Standard 2 **Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

Standard 3 **Students will demonstrate the ability to access valid information and products and services to enhance health.**

Standard 4 **Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

Standard 5 **Students will demonstrate the ability to use decision-making skills to enhance health.**

Standard 6 **Students will demonstrate the ability to use goal-setting skills to enhance health.**

Standard 7 **Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

Standard 8 **Students will demonstrate the ability to advocate for personal, family, and community health.**

Wellness

1. **Dimensions of Health**
   5. Describe dimensions of health. `H1.W1.5`
2. **Hygiene**
   5. Explain how family, peers, media, and culture influence decision-making related to hygiene practices. `H1.W2.5`
3. **Disease Prevention**
   a. Understand relationship between disease prevention and quality of life. `H1.W3.5.A`
   b. Describe how heredity can affect personal health. `H1.W3.5.B`

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Analyzing Influences

5. Analyze how family, peers, media, culture, and technology influence health decisions and behaviors. H2.W4.5

5. Access Valid Information

5. Demonstrate how to access valid information, products, and services. H3.W5.5

6. Communication

5. Demonstrate appropriate interpersonal communication skills. H4.W6.5

7. Decision-Making

5. Apply decision-making skills to make a health-enhancing choice. H5.W7.5

8. Goal-Setting

5. Analyze progress toward achieving a personal health goal. H6.W8.5

Safety

1. Injury Prevention

a. Identify dangerous or risky behaviors that might lead to injuries. H1.SA1.5.A

b. Identify safety precautions for playing and working outdoors. H1.SA1.5.B

c. Predict potential outcomes when making a decision related to injury prevention. H1.SA1.5.C

2. First Aid

5. Explain how to respond to emergency situations. H1.SA2.5

3. Violence Prevention

a. Describe ways to prevent, reduce, and avoid violent situations. H1.SA3.5.A

b. Analyze how violent behavior impacts self and others. H1.SA3.5.B

5. Describe effective communication skills to prevent, reduce, and avoid violent situations in person or on electronic media. H4.SA3.5

Nutrition

1. Food Groups and Nutrients

5. Analyze a food journal to create a more balanced food plan. H5.N1.5

2. Beverages

5. Compare beverages to make a healthy choice. H5.N2.5

3. Label Literacy

5. Differentiate between healthy and unhealthy foods according to Nutrition Facts labels. H3.N3.5

4. Caloric Intake and Expenditure

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5. Describe how the body's function and composition are affected by food consumption. H1.N4.5

5. Disease Prevention

a. Analyze how healthy eating reduces health risks and promotes growth. H1.N5.5.A

b. Explain importance of eating in moderation to promote health. H1.N5.5.B

c. Describe how fiber contributes to disease prevention. H1.N5.5.C

6. Nutritional Planning

5. Analyze how community, peers, media, technology, and culture influence decision-making related to food and beverage choices and eating behaviors. H2.N6.5

5. Demonstrate how to effectively ask for help to improve personal food choices and promote healthy eating. H4.N6.5

5. Assess progress toward achieving a healthy eating goal. H7.N6.5

Sexual Health

1. Anatomy and Physiology

5. Understand functions of reproductive systems. H1.SE1.5

2. Growth and Development

5. Identify ways to manage physical, social, and emotional changes that occur during puberty. H7.SE.2.5

5. Describe how puberty and physical development can vary considerably. H1.SE2.5

3. Reproduction

5. Recognize puberty prepares the body for reproduction. H1.SE3.5

4. HIV Prevention

a. Define human immunodeficiency virus (HIV). H1.SE4.5.A

b. Identify methods of transmission and prevention of HIV. H1.SE4.5.B

5. Self-Identity

5. Promote ways to show respect for all people. H8.SE5.5

a. Describe how media, society, and culture can influence ideas regarding gender roles, identity, and expression. H2.SE5.5.A

b. Identify trusted adults to ask questions about gender identity and sexual orientation. H2.SE5.5.B

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6. **Healthy Relationships**
    a. Differentiate between healthy and unhealthy relationships. H1.SE6.5.A
    b. Explain importance of using social media safely, legally, and respectfully. H1.SE6.5.B
    c. Define sexual abuse. H1.SE6.5.C
    5. Understand how to support a peer to recognize healthy and unhealthy relationships. H8.SE6.5

Social Emotional Health

1. **Self-Esteem**
    a. Explain how high self-esteem is a sign of emotional well-being. H1.SO1.5.A
    b. Recognize how self-esteem is impacted by family and peers. H1.SO1.5.B

2. **Body Image**
    5. Describe influence of peers and social media on body image. H2.SO2.5

3. **Stress Management**
    5. List ways to support others in stressful situations. H8.SO3.5
    5. Compare healthy and unhealthy ways to manage stress. H7.SO3.5

4. **Expressing Emotions**
    5. Identify resources for managing emotions. H1.SO4.5
    a. Understand ways to manage difficult emotions. H1.SO4.5.A

5. **Harassment, Intimidation, and Bullying**
    5. Understand cyberbullying. H1.SO5.5
    a. Explain how bullying, intimidation, and harassment affect individuals. H1.SO5.5.A
    b. Define sexual harassment. H1.SO5.5.B
    5. Advocate for self and others to prevent bullying, harassment, and intimidation. H8.SO5.5

Substance Use and Abuse

1. **Use and Abuse**
    5. Identify reliable sources of information about tobacco, alcohol, and other drugs. H3.SU1.5
    a. Identify a variety of tobacco, alcohol, and marijuana products. H1.SU1.5.A
    b. Recognize that tobacco alcohol, and other drugs can be addictive. H1.SU1.5.B
    5. Describe how family, school, community, peers, media, and technology influence decisions related to use of tobacco, alcohol, marijuana, and other drugs. H2.SU1.5

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Effects

a. Recognize substances are more addictive and harmful during growth and development. H1.SU2.5.A

b. Explain how substance abuse can affect family and friends. H1.SU2.5.B

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3. **Prevention**

5. Demonstrate ways to resist peer pressure to use substances. H4.SU3.5

5. Identify healthy alternatives for decisions related to substance use. H5.SU3.5