

Grade 5 Health and Fitness Curriculum

Grade Level Expectations		Lessons
EALR 1 1.1.1	Understand the connection b/t nutrition and physical well-being	THE BODY Issue Module: Powering Up: Healthy Eating and Physical Activity (V) Lessons 4 & 5 – Food Pyramid, Comparing Nutrition Facts Lessons 7 – Activity Pyramid
EALR 2 2.1.1a	Understand the basic structure and function of human body systems	Covered in Human Body Science Unit GROWTH AND DEVELOPMENT Me and Them: All About Puberty (V)
2.1.1b	Identify hereditary factors that affect growth and development	
2.1.1c	Describe the influence of nutrition on health and development	Covered in Human Body Science Unit, but can be supplemented with the following lesson: THE BODY Stomachaches Planning a Stomach-Friendly Meal
2.2.1a	Understand the skills that control and prevent non-communicable diseases	ALCOHOL AND THE OTHER DRUGS Here's Looking at You: Lesson 6 - Smoking and Chewing Lesson 7 - The Effects of Alcohol Lesson 10 - Share the Information (could be supplemented by bringing in the “Organ Lady”)

(V) – video included in lesson

2.2.1b	Understand the skills that control and prevent communicable diseases	Covered in the HIV/AIDS KNOW Curriculum GROWTH AND DEVELOPMENT Me and Them: All About AIDS (Grade 6) (V)
2.3.1a	Understand one's right to personal and physical safety	Covered in Steps to Respect or Second Step ALCOHOL AND THE OTHER DRUGS Here's Looking at You: Lesson 14 - You Can Refuse
2.3.1b	Understand abuse and risky situations and demonstrate safe behaviors to prevent injury to self and others at home, school and in the community	Harassment (covered in Steps to Respect or Second Step) SAFETY When Appliances Attack! Skate Safe! Teasing and Bullying (Grade 4) (V) MENTAL HEALTH Youth Matters: Issue Module: Going for the Goal: Avoiding Trouble *** Not well written Peace of Mind: The DECIDE Skill Emotional Talk (V) (34 min. video on anger) – can be supplemented by Steps to Respect)

(V) – video included in lesson

2.3.1c	Know the sources to ask for help in emergency and crisis	MENTAL HEALTH Youth Matters: Skill Module - Asking an Adult for Help ALCOHOL AND OTHER DRUGS Here's Looking at You: Lesson 21: Where to Turn – Day 2
2.3.1d	Know the differences between harmful and helpful stress; recognize signals of too much stress and when to ask an adult for help	MENTAL HEALTH Peace of Mind: Stress and What To Do About It (Grade 4)
2.3.1e	Understand the physical and legal consequences of using nicotine, alcohol and other drugs, and apply skills to resist any harmful use of substances	ALCOHOL AND OTHER DRUGS Here's Looking at You: Lesson 11: Don't Even Try It (Grade 4) Lesson 14: You Can Refuse Lesson 15: The Refusal Skill – Day 1 Lesson 16: The Refusal Skill – Day 2 Lesson 17: The Refusal Skill for Self-control (Grade 5) TOBACCO Get Real About Tobacco: Lesson 1: Changing Attitudes Lesson 2: What Tobacco Does Lesson 3: Messages about Tobacco Lesson 4: Countering the Messages Lesson 5 : See Lesson 11 under Alcohol and Other Drugs Lesson 6 , 7 and 8 : See lessons 17 – 15 under Alcohol and Other Drugs (V) Youth Matters: Issue Module: Tobacco – Risks of First Use (V)

(V) – video included in lesson

EALR 3 3.2.1a	Know reliable sources of health information	ALCOHOL AND OTHER DRUGS Here's Looking at You: Lesson 18: Just the Facts (Grade 4) Lesson 10: Share the Information (Grade 5) Lesson 6: What's the Message? (Grade 6)
3.2.1b	Understand the messages about safe and unsafe behaviors	SAFETY All Safe: Seat Belts (Grade 4) TOBACCO Lesson 3: Messages About Tobacco (Grades K-3, and 4-6) Lesson 4: Countering the Messages (Grades 4-6)
3.3.1	Applies appropriate social skills to keep out of trouble and resist pressure from others	VIOLENCE Get Real About Violence: Vulnerability - Lesson 1: Everyone's Problem Lesson 2: How Violence Hurts Lesson 3: Our Problem Alternatives – Lesson 2: Strategies for Bystanders Lesson 3: Don't Stand By Lesson 8: Strategies for Victims Lesson 9: Strategies for Perpetrators The is also covered in the Steps to Respect curriculum.
3.4.1a	Express emotions in healthy ways and form safe and respectful relationships	MENTAL HEALTH Peace of Mind: Emotional Talk

(v) – video included in lesson

3.4.1b	Recognize a variety of emotions and how they affect self and others, and develop strategies about how to act in emotional situations	MENTAL HEALTH Peace of Mind: How Friends Influence Our Mental Health (Grade 6) GROWTH AND DEVELOPMENT Me and Them: When Family Roles Change (Grade 6)
4.1.1	Identify how fitness and healthy living are important for life goals	Covered in P.E.
4.2.1	Set daily goals for improving health and fitness practices	Covered in P.E.

(v) – video included in lesson