

Grade 5

Adopted 2012

Comprehend concepts related to health promotion and disease prevention to enhance health.

Describe how participation in physical activity affects the body.

Discuss how the body's defenses against disease work.

Identify ways the body's defense system can be improved.

Distinguish between healthy and unhealthy snacks.

Analyze the influence of family, peers, culture, media, technology, and other factors on health.

Explore various eating habits and how they relate to family culture and lifestyles.

Describe the way technology affects health.

Analyze ways in which the media influences buying decisions regarding health products, medicine, and food.

Demonstrate the ability to access valid health information and products and services to enhance health.

Locate and evaluate the functions of community agencies and health care professionals.

Identify the impact of health services (e.g., ambulance service, rescue squad) in the community.

Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).

Demonstrate refusal and conflict resolution skills needed to develop and maintain healthy relationships with peers, family, and others in socially acceptable ways.

Demonstrate an awareness of safety through modeling.

Demonstrate the ability to use decision-making skills to enhance health.

Explore the characteristics of habits and how habits affect personal health.

Demonstrate the ability to use goal-setting skills

Identify health goals and evaluate strategies/skills for attaining personal health goals.

to enhance health.

Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Examine health and fitness assessments and their role in developing a plan for life long fitness.

Demonstrate the ability to advocate for personal, family, and community health.

Identify responsibilities of a family.

Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).