



Elementary School Health Education

2022-2023 Scope and Sequence

NCDPI Healthful Living: Grade 5

OVERVIEW

The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.

North Carolina Essential Standards – Health Education

MEH = MENTAL and EMOTIONAL HEALTH

PCH = PERSONAL and CONSUMER HEALTH

ICR = INTERPERSONAL COMMUNICATIONS and RELATIONSHIPS

NPA = NUTRITION and PHYSICAL ACTIVITY

ATOD = ALCOHOL, TOBACCO, and OTHER DRUGS

Grade	NC Essential Standards	Clarifying Objectives
5th GRADE Mental and Emotional Health (MEH)	5.MEH.1 Apply positive stress management strategies. 5.MEH.2 Understand help-seeking strategies for depression and mental disorders.	5.MEH.1.1 Implement positive stress management strategies. 5.MEH.1.2 Evaluate the effectiveness of stress management strategies. 5.MEH.2.1 Interpret feelings of depression and sadness as normal responses to loss. 5.MEH.2.2 Summarize how to seek assistance from reliable resources for depression and sadness.
5th GRADE Personal and Consumer Health (PCH)	5.PCH.1 Understand wellness, disease prevention, and recognition of symptoms. 5.PCH.2 Analyze health products and sources of health information. 5.PCH.3 Apply measures for cleanliness and disease prevention. 5.PCH.4 Understand body systems and organs, functions, and their care.	5.PCH.1.1 Explain the influence of personal values on health behaviors. 5.PCH.1.2 Design a personal action plan for sufficient rest and sleep. 5.PCH.2.1 Recognize dependable resources for health information. 5.PCH.2.2 Differentiate between safe and unsafe products. 5.PCH.3.1 Implement a personal dental health plan to include brushing, flossing, nutrition, and injury prevention. 5.PCH.3.2 Carry out activities that avoid harmful effects of the sun. 5.PCH.4.2 Summarize the functions of the organs which make up the digestive system. 5.PCH.4.3 Interpret the relationship between and among the vessels and organs of the circulatory system.



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<p>5th GRADE Interpersonal Communication and Relationships (ICR)</p>	<p>5.ICR.1 Understand healthy and effective interpersonal communication and relationships.</p> <p>5.ICR.2 Analyze the changes and influences that occur during puberty and adolescence.</p>	<p>5.ICR.1.1 Illustrate the dangers of communicating with unknown individuals.</p> <p>5.ICR.1.2 Summarize things you can do to seek assistance when encountering a stranger.</p> <p>5.ICR.1.3 Explain the impact of stereotyping and discrimination on other people’s self-respect and feelings.</p> <p>5.ICR.1.4 Summarize how to solve problems and resolve conflict without avoidance or violence.</p> <p>5.ICR.2.1 Recall that puberty is characterized by the development of secondary sex characteristics and onset of reproductive capacity.</p> <p>5.ICR.2.2 Differentiate between accurate and inaccurate sources of information about puberty and development.</p> <p>5.ICR.2.3 Summarize the functions of the male and female reproductive systems.</p> <p>5.ICR.2.4 Illustrate how societal influences can impact behavioral choices and feelings regarding one’s reproductive health.</p> <p>5.ICR.2.5 Deconstruct media messages as they relate to their influence on perceptions of desirable body sizes and shapes.</p>
<p>5th GRADE Nutrition and Physical Activity (NPA)</p>	<p>5.NPA.1 Apply tools (My Plate) to plan healthy nutrition and fitness.</p> <p>5.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</p> <p>5.NPA.3 Understand the benefits of nutrition and fitness to disease prevention.</p>	<p>5.NPA.1.1 Use My Plate to make healthy choices of foods and beverages.</p> <p>5.NPA.1.2 Use recommendations in My Plate to increase physical activity.</p> <p>5.NPA.2.1 Summarize the influences of family, culture, and the media on food choices.</p> <p>5.NPA.2.2 Infer the benefits of limiting the consumption of foods and beverages high in fat and added sugar.</p> <p>5.NPA.3.1 Contrast dieting and healthy weight management, including limiting high-fat and high sugar foods.</p> <p>5.NPA.3.2 Explain the benefits of regular physical activity on physical, mental, emotional, and social health.</p> <p>5.NPA.3.3 Summarize normal weight gain and body changes during puberty.</p>
<p>5th GRADE Alcohol, Tobacco, and Other Drugs (ATOD)</p>	<p>5.ATOD.1 Understand health risks associated with use of alcohol.</p> <p>5.ATOD.2 Understand why people use alcohol.</p> <p>5.ATOD.3 Apply risk reduction behaviors to protect self and others from alcohol use.</p>	<p>5.ATOD.1.1 Explain the short-term and long-term effects of alcohol abuse.</p> <p>5.ATOD.1.2 Explain the effects of alcohol abuse on others.</p> <p>5.ATOD.2.1 Explain possible internal and external influences to use alcohol.</p> <p>5.ATOD.2.2 Evaluate the effect of advertising strategies of alcohol companies on people’s use of alcohol.</p>



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5.ATOD.3.1 Use refusal skills to resist the pressure to experiment alcohol and other drug use.

5.ATOD.3.2 Design strategies for maintaining an alcohol-free lifestyle that include barriers and ways of overcoming these barriers.