



# Carlstadt Public School District Curriculum Guide

Health Grade 5 - 40 minutes 2x/week - full year

## Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Injury Prevention and Personal Safety	4 weeks	Defining First Aid; helping others; rules for emergencies; decision-making steps; First Aid skills; major vs. minor emergencies; avoiding risk; personal safety; breathing problems and response to emergencies	2.1.5.CHSS.1 2.1.5.EH.1; 2.1.5.PGD.3; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.2.5.MSC.6; 2.2.5.MSC.7; 2.3.5.ATD.3; 2.3.5.DSDT.5; 2.3.5.PS.1; 2.3.5.PS.2
Functions of the Body	4 weeks	Brain structure and functions; reflex vs. conscious actions; impact of drugs on the body; the brain and types of intelligences	2.1.5.EH.1; 2.1.5.PGD.1; 2.1.5.PGD.3; 2.1.5.SSH.3; 2.1.5.SSH.5; 2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.ATD.3; 2.3.5.DSDT.1; 2.3.5.DSDT.2; 2.3.5.DSDT.3; 2.3.5.HCDM.1 2.3.5.PS.1
Nutrition	4 weeks	Responsible approach to food choices; individual, family, and personal preferences; predicting results of good nutrition; good food handling practices; understanding health policies; setting dietary guidelines and goals; influences on food choices; shopping and budgeting	2.1.5.CHSS.2; 2.1.5.PGD.1; 2.2.5.N.1; 2.2.5.N.2; 2.2.5.N.3; 2.3.5.HCDM.1; 2.3.5.HCDM.2
Functions of the Body/Substance Abuse Prevention	4 weeks	Respiratory system;; impact of drugs on the body; short and long-term effects of drugs; consumer skills and influences, advertising, product labels; community impact of communicable respiratory disease	2.1.5.CHSS.2; 2.1.5.EH.1; 2.1.5.PGD.1; 2.2.5.LF.5; 2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.ATD.3;



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			2.3.5.DSDT.3; 2.3.5.HCDM.1; 2.3.5.HCDM.2
Self - worth, Mental and Emotional Health	4 weeks	Social awareness of other people's emotions and perspectives; human emotions; emotional maturity and respect; positive and negative influences; puberty and self-esteem; social, emotional learning skills; grief and loss; service to others; communication and conflict resolution; practicing mental health routines; protective factors and support systems; positive character development	2.1.5.CHSS.1; 2.1.5.CHSS.3; 2.1.5.EH.2; 2.1.5.EH.3; 2.1.5.EH.4; 2.1.5.PGD.2; 2.1.5.PGD.5; 2.1.5.SSH.6; 2.1.5.SSH.7; 2.3.5.ATD.3; 2.3.5.HCDM.3; 2.3.5.PS.1; 2.3.5.PS.3; 2.3.5.PS.5; 2.3.5.PS.6; 2.3.5.DSDT.4; 2.3.5.DSDT.5
Personal Growth and Development /The Cycle of Family Life	4 weeks	Growing up; hygiene routines for puberty; reproductive system; endocrine system /role of hormones; hormone disorders; biological differences between boys and girls; responsibilities of maturing adolescents; decision making in at-risk situations; social/emotional learning skills; genetic factors (heredity); sexual harassment; social awareness of differences; self-awareness of traits	2.1.5.CHSS.1; 2.1.5.CHSS.3; 2.1.5.EH.1; 2.1.5.EH.3; 2.1.5.PGD.1; 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.PGD.4; 2.1.5.PP.1; 2.1.5.PP.2; 2.1.5.SSH.2; 2.1.5.SSH.3; 2.1.5.SSH.6; 2.1.5.SSH.7; 2.2.5.MSC.1; 2.2.5.PF.2 2.3.5.ATD.2; 2.3.5.DSDT.3; 3.5.DSDT.4 2.3.5.PS.5; 2.3.5.PS.6
Substance Abuse Prevention	4 weeks	Use, misuse, and abuse of drugs; why drugs won't solve problems; practicing positive values (self-respect, responsibility, honesty); media influences; identify drugs and effects on the body; value of being drug free; drug/HIV link; refusal skills; finding resources for help; developmental assets	2.1.5.CHSS.1; 2.1.5.CHSS.2; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.ATD.3; 2.3.5.DSDT.1; 2.3.5.DSDT.2; 2.3.5.DSDT.3; 2.3.5.DSDT.4; 2.3.5.DSDT.5 2.3.5.HCDM.2
Functions of the Body /Disease and Illness Prevention (including HIV)	4 weeks	Diseases associated with blood; immunization; effects of HIV on the immune system; care of chronically ill; empathy; community impact of communicable respiratory disease	2.1.5.CHSS.2; 2.1.5.PGD.1; 2.2.5.PF.1; 2.2.5.PF.4



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			2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.DSDT.3; 2.3.5.HCDM.1; 2.3.5.HCDM.2
Environmental and Consumer Health	4 weeks	Consumer skills and influences; managing money; consumer responsibilities and advocacy; unit price shopping; social responsibility; consumer products evaluation; advocating for positive health and consumer behaviors	2.1.5.CHSS.1; 2.1.5.CHSS.2; 2.1.5.EH.1 2.1.5.SSH.4 2.3.5.HCDM.1
Physical Fitness	4 weeks	Muscular/skeletal systems; mental, emotional, and physical benefits of exercise; components of physical fitness; sports injury prevention; steroids; protective equipment; rules in sports; environmental conditions; diet and exercise plan; types of physical activities; monitoring fitness/target heart rate; fitness pyramid; fitness principles	2.1.5.PGD.1; 2.1.5.PGD.3; 2.2.5.LF.1; 2.2.5.LF.2; 2.2.5.LF.3; 2.2.5.LF.4; 2.2.5.LF.5; 2.2.5.MSC.1; 2.2.5.MSC.3; 2.2.5.MSC.4; 2.2.5.MSC.5; 2.2.5.MSC.6; 2.3.5.MSC.7 2.2.5.N.1; 2.2.5.N.2; 2.2.5.N.3; 2.2.5.PF.1; 2.2.5.PF.2; 2.2.5.PF.3; 2.2.5.PF.4; 2.2.5.PF.5; 2.3.5.HCDM.3 2.3.5.PS.1; 2.3.5.PS.5