

5th Grade Health (Cyber)

Conneaut School District -- Grade/Dept

Adopted:

Major Topic	Concepts	Time	The students will know:	Skills	Assessment	Standard(s)	
<u>Making Healthy Decisions</u>		3 Clas ses	<ul style="list-style-type: none"> ❖ Two Factors that can be used to evaluate overall health. ❖ Three aspects of overall health. ❖ How the choices that people make can affect their positions on the health continuum. ❖ Identify factors that can influence a person's health. ❖ Three strategies you can use to evaluate risk factors. ❖ Describe the broad goals of healthy people 2020 ❖ Three steps you can take to meet your personal health goals. ❖ How to evaluate health products, services, and information. ❖ Evaluate what advertising does and does not do for a consumer. 	<ul style="list-style-type: none"> • CAOLA • Note Taking / Reading Notes • Practice Worksheets • Hands on Activities • Video clips • Google slides • Using Internet Resources • https://teenhealth.org/en/teens/ • Pearson Health online 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	NHES: 1.12.1, 1.12.2, 5.12.2, 7.12.1	
							NHES: 1.12.3, 1.12.4, 1.12.6, 1.12.7, 2.12.2, 2.12.5, 2.12.6, 5.12.5, 7.12.1
							NHES: 2.12.8, 5.12.8, 3.12.1

Nutrition	Choosing Foods Wisely	9 Classes	❖ Name the three classes of nutrients that supply your body with energy.		<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	
	Guidelines for Healthful Eating		❖ Explain how the body obtains energy from foods.			NHES: 1.12.4, 2.12.1, 2.12.2, 2.12.3, 2.12.7
	Carbohydrates, Fats, Proteins, Vitamins, and Minerals		❖ Describe the roles that carbs, fats, and proteins play in your body.	<ul style="list-style-type: none"> • Canvas • Note Taking / Reading Notes • Practice Worksheets • Hands on Activities 		NHES: 2.12.1, 2.12.4, 2.12.7, 2.12.8, 5.12.1, 5.12.2
			❖ Identify the two main classes of vitamins.			
			❖ List seven minerals your body needs in significant amounts.			
			❖ Explain why water is so important to your body.			
			❖ Explain how dietary guidelines for Americans can help you plan a healthful diet.			
			❖ Summarize the recommendations in the MyPlate plan.	<ul style="list-style-type: none"> • Video clips • Google slides • Using Internet Resources • https://teenhealth.org/en/teens/ • Pearson Health online 		NHES: 4.12.1, 4.12.3, 6.12.1, 6.12.2, 6.12.3, 7.12.3
			❖ Summarize three main reason why you eat.			
			❖ Analyze the information contained on food labels.			

						NHES: 3.12.4, 7.12.2, 5.12.7
						NHES: 1.12.7, 1.12.6, 5.12.4, 3.12.3
Social Health	Family Relationships Building Healthy Peer Relationships Preventing Violence	6 Clas ses	<ul style="list-style-type: none"> ❖ Explain why healthy family relationships are important. ❖ Identify three main factors that have changed the form of families. ❖ Describe some family forms that exist today. ❖ Summarize the division of responsibilities within a family. ❖ List some causes of stress in families. ❖ Describe three types of abuse that can happen in families. ❖ List some characteristics of healthy families. ❖ Describe four skills families need to stay healthy. ❖ Identify places where families can go for help with their problems. ❖ Describe four skills that contribute to effective communication. ❖ Explain how cooperation and compromise help build healthy relationships. ❖ Explain the importance of having friends. ❖ Distinguish different types of friendships. ❖ Describe some problems that occur in friendships. 	<ul style="list-style-type: none"> • CAOLA • Note Taking / Reading Notes • Practice Worksheets • Hands on Activities • Video clips • Google slides • Using Internet Resources • https://teenhealth.org/en/teens/ • Pearson Health online 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 2.12.1, 2.12.2, 2.12.6, 2.12.7</p> <p>NHES: 3.12.2, 3.12.4, 7.12.1, 8.12.4</p> <p>NHES: 4.12.1, 4.12.2, 4.12.3</p> <p>NHES: 3.12.3, 5.12.3, 8.12.3</p> <p>NHES: 8.12.2, 2.12.3, 2.12.5, 1.12.5, 2.12.9, 5.12.1, 5.12.6, 6.12.2, 7.12.3</p> <p>NHES: 1.12.9, 2.12.9, 2.12.4, 1.12.8, 4.12.4, 5.12.4, 6.12.1,</p>

			<ul style="list-style-type: none"> ❖ Describe the cycle of violence. ❖ Describe all of the costs related to violence. ❖ Identify five risk factors for violence. ❖ Explain the relationship between harassment and the use of weapons at school. ❖ Describe effective ways to reduce bullying, hazing, sexual harassment, and hate violence in schools. ❖ Explain how anger and a desire for revenge can lead to fights. ❖ Describe the role that friends and bystanders play in fights. ❖ Explain the relationship between a need for control and violence. ❖ Describe two general approaches for resolving conflicts. ❖ Explain why safety should be a person’s first concern in any conflict. 			
Physical Fitness	Personal Care Exercise and Lifelong Fitness Cardiovascular Health	9 Clas ses	<ul style="list-style-type: none"> ❖ List the functions of teeth and gums. ❖ Identify two structural problems of the teeth and mouth. ❖ Describe ways to prevent teeth and gum problems. ❖ Identify the functions of the skin. ❖ Describe behaviors that can keep your skin healthy. ❖ Explain the functions of your hair and nails and how to care for them. ❖ Explain how your eyes allow you to see. ❖ Identify two ways to keep your eyes healthy. 	<ul style="list-style-type: none"> • CAOLA • Note Taking / Reading Notes • Practice Worksheets • Hands on Activities • Video clips • Google slides • Using Internet Resources • https://teensheath.org 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	NHES: 1.12.1, 1.12.5, 6.12.1 NHES: 1.12.8, 8.12.1 NHES: 2.12.5, 3.12.1, 3.12.5 NHES: 2.12.6, 3.12.4 NHES: 1.12.7

			<ul style="list-style-type: none"> ❖ Explain how your ears allow you to hear and maintain your balance. ❖ Identify two ways to keep your eyes healthy. ❖ Explain how your ears allow you to hear and maintain your balance. ❖ Identify ways to keep your ears healthy. ❖ Describe why sleep is important for health. ❖ Explain how circadian rhythms influence the sleep patterns of teens. ❖ Explain some of the physical, psychological, and social benefits of physical activity. ❖ Define the five components of fitness. ❖ Describe five types of physical activity. ❖ Develop a plan for achieving lifelong fitness. ❖ Describe the three phases of exercise. ❖ Identify two factors that contribute to cardiovascular disease. ❖ Describe behaviors that can reduce your risk of cardiovascular disease. 	<p>g/en/teens/</p> <ul style="list-style-type: none"> • Pearson Health online 		
<p>Successful Decisions and Goals</p>	<p>Decisions and Consequences</p> <p>Six steps to Making Good Decisions</p> <p>Influences on Your Decisions</p> <p>Setting Healthy Goals</p> <p>How to Reach Your Goals</p>	<p>9 Clas ses</p>	<ul style="list-style-type: none"> ❖ Explain how a good decision is a responsible decision. ❖ Explain the different types of consequences that decisions have. ❖ List the six steps to making good decisions. ❖ Describe how your values influence your decisions. ❖ Explain the importance of looking at the benefits and risks of your options. ❖ Explain why you should evaluate your decisions. ❖ Describe how family and cultural traditions influence your decisions. ❖ Explain how peer pressure affects the decisions that you make. ❖ Identify the media as a major influence in your decision making. 	<ul style="list-style-type: none"> • CAOLA • Note Taking / Reading Notes • Practice Worksheets • Hands on Activities • Video clips • Google slides • Using Internet Resources • https://tee 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 2.12.1, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 6.12.1</p> <p>NHES:4.12.2, 1.12.8, 1.12.9</p> <p>NHES: 1.12.4, 1.12.8, 3.12.3, 3.12.4</p>

			<ul style="list-style-type: none"> ❖ Explain how your decisions change based on new information. ❖ Explain why goals are important. ❖ Identify two influences on your goals. ❖ Compare short-term goals and long-term goals. ❖ Describe how goals can help build healthy relationships. ❖ Explain the relationship between goals and success. ❖ Describe how you can learn from your mistakes. 	<p>nshelth.org/en/teens/</p> <ul style="list-style-type: none"> • Pearson Health online 		<p>NHES: 2.12.4, 5.12.1, 5.12.2, 5.12.4, 5.12.6</p> <p>NHES: 7.12.3, 3.12.2, 1.12.3, 8.12.1, 1.12.7, 4.12.2, 4.12.4, 8.12.2</p> <p>NHES: 2.12.6, 3.12.1, 7.12.1, 1.12.9, 4.12.2, 8.12.4</p>