

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

2.1 Personal and Mental Health

Personal Growth and Development
Pregnancy and Parenting
Emotional, Social and Sexual Health
Community Health Services and Support

Big Ideas: Students will be able to understand that:

- Puberty is a time of physical, social, and emotional changes due to a change in hormones.
- Pregnancy is achieved by a variety of methods.
- Self management skills help when facing difficult situations or events.
- School professionals, doctors, and family members are individuals who can provide assistance when needed.
- All individuals should feel welcome and deserve respect.

Essential Questions

What provocative questions will foster inquiry, understanding, and transfer of learning?

- What changes should I expect during puberty and how long will those changes take?
- What are some things I can do to take care of my changing body?
- What is the endocrine system and how are hormones related to puberty?
- How does fertilization occur and how does an embryo/fetus develop?
- What are some coping strategies and activities I can use to help regulate my emotions?
- Who are trusted adults I can talk to if I feel unsafe or upset?
- How can I show respect for others?

Enduring Understandings

What will students understand about the big ideas?

Students will understand:

- What changes occur physically, socially and emotionally during puberty, and how the timing of these changes can vary from individual to individual.
- The endocrine system produces hormones that result in the onset of puberty.
- The process of fertilization and how pregnancy is achieved.
- How an embryo/fetus develops during pregnancy.
- There are many strategies an individual can use to help manage feelings of stress, anger, fear, sadness etc...
- There are a variety of individuals available to help when needed.
- All people deserve respect regardless of race, ethnicity, socio economic status, family configuration, gender identity or sexual orientation.

**Areas of Focus: Proficiencies
(New Jersey Student Learning Standards)**

Lessons

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

● 2.1.5.PGD.1: Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity. ● 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care. ● 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary. ● 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset). ● 2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health. ● 2.1.5.PP.1: Explain the relationship between sexual intercourse and human reproduction. ● 2.1.5.PP.2 Explain the range of ways pregnancy can occur. (eg, IVF, surrogacy) ● 2.1.5.EH.1: Discuss the impact of one's feelings and thoughts that lead to healthy and unhealthy behaviors. ● 2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety). ● 2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in	Lessons: ● Two, single sex, Growth and Development lessons taught by the district nurses in the spring. ● Review of the 4th grade Growth and Development lesson. "Puberty and Beyond" Google slide presentation with voice overs by Summit School Nurses. https://www.youtube.com/watch?v=USllyTjAXas ● "Always Changing and Growing Up" video. ● Question box and open question and answer time ● Girls only- Personal product (pads and tampons) discussion and explanation of how products are used. ● Student/Parent Resource handout (listing online resources, books and videos) ● Guidance classroom push-in for lessons on peer relationships and bullying. ● Classroom SEL lessons ● Digital citizenship lessons ● D.A.R.E. Program - (Summit Police Department) ● THRIVE & SEL Lessons (School Counseling Department)
---	---

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

school, and/or in the community and where to go for assistance.

- 2.1.5.SSH.5: Explain the importance of communication with family members, caregivers and other trusted adults about a variety of topics.
- 2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with family members.
- 2.1.5.SSH.7: Define teasing, harassment and bullying and provide examples of inappropriate behaviors that are harmful to others.
- 2.1.5.CHSS.1: Identify health services and resources available and determine how each assists in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).
- 2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress.
- 2.3.5.PS.1: Develop strategies to reduce the risk of injuries at home, school, and in the community.
- 2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect.
- 2.3.5.PS.5: Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries.
- 2.3.5.PS.6: Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including bullying, teasing, teen dating violence, sexual harassment, sexual assault, and sexual abuse.

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

● 2.3.5.ATD.1: Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder, cancer). ● 2.3.5.ATD.2: Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products. ● 2.3.5.ATD.3: Describe the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available. ● 2.3.5.DSDT.1: Differentiate between drug use, misuse, abuse, and, prescription and illicit drugs. ● 2.3.5.DSDT.2: Identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem. ● 2.3.5.DSDT.3: Demonstrate effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health. ● 2.3.5.DSDT.4: Demonstrate strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs. ● 2.3.5.DSDT.5: Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse (e.g., school nurse, counselor, peer leadership group).	
	Assessments
Interdisciplinary Connections:	● Verbalize the changes that occur during puberty

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

- In Language Arts students can read books about the challenges of growing up.

Technology Integration

- Google Slides
- On-line videos
- YouTube informational videos
- BrainPOP

Global Perspectives

- Students will discuss cultural responses to puberty.

Supports for English Language Learners

Sensory Supports	Graphic Supports	Interactive Supports
Real-life objects	Charts	In pairs or partners
Manipulatives	Graphic Organizers	In triads or small groups
Pictures	Tables	In a whole group
Illustrations, diagrams & drawings	Graphs	Using cooperative group
Magazines & Newspapers	Timelines	Structures
Physical activities	Number lines	Internet / Software support
Videos & Film		In the home language
Broadcasts		With mentors
Models & Figures		

for both males and females.

- Students will be able to name three trusted adults.

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

Intervention Strategies		
Accommodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g. directions, checks for understanding, feedback	Differentiated materials
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need
Audio Books	Utilize pre-reading strategies and activities previews, anticipatory guides, and semantic mapping	Modified assessment grading
Allow for extended time on long term projects, tests, quizzes, etc.		Provide choices for projects
Provide visual resources (posters, pictures, etc.)		

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

2.3 Safety
Personal Safety
Health Conditions, Diseases and Medicine
Alcohol, Tobacco and other Drugs
Dependency, Substances Disorder, and Treatment

Big Ideas:

Students will be able to understand that:

- Unsafe situations can impact health and cause injury.
- There are trusted adults available to help if faced with unsafe or uncomfortable situations.
- Drug and alcohol abuse can have both short and long term effects and consequences.
- There are resources available to assist individuals who are struggling with drug or alcohol use.

Essential Questions

What provocative questions will foster inquiry, understanding, and transfer of learning?

- What unsafe situations can lead to injury or illness and what actions can an individual take to prevent injury or illness?
- How can I keep my body safe in unsafe or uncomfortable situations, and who is available to help?
- What are the signs and consequences (both short and long term effects) of drug use?
- What resources are available for individuals struggling with drug use?

Enduring Understandings

What will students understand about the big ideas?

- Safety includes being aware of the environment and understanding how certain situations could lead to injury or illness.
- There are strategies that individuals can use to communicate safely in an online environment.
- Individuals who practice setting healthy boundaries know how to say no and what to do when they feel uncomfortable or find themselves in unsafe situations.
- The short- and long-term effects of substance abuse are dangerous and harmful to one's health.
- The use/abuse of alcohol, tobacco, and drugs can have unintended consequences but there are resources available for individuals and others affected by these situations.

Areas of Focus: Proficiencies
(New Jersey Student Learning Standards)

- 2.3.5.PS.1: Develop strategies to reduce the risk of injuries at home, school, and in the community.

Lessons

Lessons:

- Two, single sex, Growth and Development lesson

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

● 2.3.5.PS.2: Demonstrate first aid procedures for choking, bleeding, burns, poisoning, and stroke (F.A.S.T.) ● 2.3.5.PS.3: Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation. ● 2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect. ● 2.3.5.PS.5: Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries. ● 2.3.5.PS.6: Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including bullying, teasing, teen dating violence, sexual harassment, sexual assault, and sexual abuse. ● 2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds. ● 2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infectious diseases and conditions (e.g., Lyme Disease, influenza) ● 2.3.5.HCDM.3: Examine how mental health can impact one's wellness (e.g., depression, anxiety, stress, phobias). ● 2.3.5.ATD.1: Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder, cancer) ● 2.3.5.ATD.2: Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products. ● 2.3.5.ATD.3: Describe the behaviors of people who	taught by the Summit School Nurses consisting of "Puberty and Beyond" Google Slideshow with voice overs by the Summit School Nurses and "Always Changing" video.  Always Changing and Growing Up- Co E... ● Question box and open question and answer time ● Weekly DARE (Drug and Alcohol Resistant duction) lessons teaching students decision making of safe and healthy living. Lessons are offered either in fall or spring taught by the Summit Police. ● Students will write a DARE essay on the topic of drug and alcohol use. ● Students will make a DARE poster on the topic of drug and alcohol use. ● Guidance push-in and teacher led classroom lessons on computer/digital safety.
--	---

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

struggle with the use of alcohol and drugs and identify the type of assistance that is available. 2.3.5.DSDT.1: Differentiate between drug use, misuse, abuse, and prescription and illicit drugs. 2.3.5.DSDT.2: Identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem. 2.3.5.DSDT.3: Demonstrate effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health.	
Differentiation	Assessments
Interdisciplinary Connections: - Scientific teacher led lessons with supporting information and videos. - Language Arts, critical reading and writing. Technology Integration - BrainPOP - Google Slides - Google Classroom Global Perspectives - Different environments can affect your overall well being. - Discuss the differences in safety, health and wellness trends throughout the world. - Drug and alcohol addiction occurs world wide.	- DARE Essay and Poster contest - Students will be able to verbalize how drugs and alcohol can negatively impact health. - Students will be able to list three resources available to individuals who are struggling with drug and alcohol issues.

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

Intervention Strategies		
Accommodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g. directions, checks for understanding, feedback	Differentiated materials
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need
Audio Books	Utilize pre-reading strategies and activities previews, anticipatory guides, and semantic mapping	Modified assessment grading
Allow for extended time on long term projects, tests, quizzes, etc.		Provide choices for projects
Provide visual resources (posters, pictures, etc.)		

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

Big Ideas: •														
Essential Questions <i>What provocative questions will foster inquiry, understanding, and transfer of learning?</i>	Enduring Understandings <i>What will students understand about the big ideas?</i>													
•	Students will understand that: •													
Areas of Focus: Proficiencies (New Jersey Student Learning Standards)	Lessons													
•	Lesson													
Differentiation	Assessments													
Interdisciplinary Connections: Technology Integration: • BrainPOP • Google Slides • Google Classroom Global Perspectives														
<table border="1" style="width: 100%; border-collapse: collapse; margin-top: 20px;"> <tr style="background-color: #d9e1f2;"> <th colspan="3" style="padding: 5px;">Intervention Strategies</th> </tr> <tr style="background-color: #d9d9d9;"> <th style="width: 33%; padding: 5px;">Accommodations</th> <th style="width: 33%; padding: 5px;">Interventions</th> <th style="width: 33%; padding: 5px;">Modifications</th> </tr> <tr> <td style="padding: 5px;">Allow for verbal responses</td> <td style="padding: 5px;">Multi-sensory techniques</td> <td style="padding: 5px;">Modified tasks/expectations</td> </tr> <tr> <td style="padding: 5px;">Repeat/confirm directions</td> <td style="padding: 5px;">Increase task structure (e.g. directions, checks)</td> <td style="padding: 5px;">Differentiated materials</td> </tr> </table>			Intervention Strategies			Accommodations	Interventions	Modifications	Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations	Repeat/confirm directions	Increase task structure (e.g. directions, checks)	Differentiated materials
Intervention Strategies														
Accommodations	Interventions	Modifications												
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations												
Repeat/confirm directions	Increase task structure (e.g. directions, checks)	Differentiated materials												

Summit Public Schools
Summit, New Jersey
Grade Level: 5
Content Area: Health
Summer 2022

	for understanding, feedback		
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need	
Audio Books	Utilize pre-reading strategies and activities previews, anticipatory guides, and semantic mapping	Modified assessment grading	
Allow for extended time on long term projects, tests, quizzes, etc.		Provide choices for projects	
Provide visual resources (posters, pictures, etc.)			