

5th Grade Health

Student Issue #1 – First Aid Facts

<u>Lesson</u>	<u>Content</u>
Lesson 1: First Aid-What, Who, When	Knowledge: Define first aid and explain the role it plays in emergency situations. Value: Explain the importance of being of service to others in a time of need. Life Skill: List and practice Emergency Response Steps. Thinking Skill: Follow the Decision Making Steps to determine who should be called in an emergency situation.
Lesson 2: First Aid That You Can Do	Knowledge: Explain the methods of handling first aid for a range of common minor emergencies. Value: Explain the importance of developing first aid skills. Life Skill: Simulate a first aid station where you triage the patients, administer first aid, and refer other patients to appropriate resources for help. Thinking Skill: Compare and contrast major and minor emergencies and evaluate the suitability of resources.
Lesson 3: Your Community and How to Call for Help	Knowledge: Identify the roles of public safety groups and how to access each for help. Value: Explain the value of assertive strategies when asking for help in an emergency. Life Skill: Access your own personal safety support system within the community. Thinking Skill: Use the Decision Making Steps to determine which public agency to call for help.
Lesson 4: Taking Precautions	Knowledge: Identify negative behavior and group activities that pose danger and identify existing and potential safety hazards. Value: Demonstrate a sense of connection and responsibility to others by taking safety precautions. Life Skill: Set up routines for safety precautions (refusal skills) at home, at school, in the community, and in one's personal relationships. Thinking Skill: Predict consequences of unsafe, risk-taking behavior.

Student Issue #2 – Brainstorms! Your Central Nervous System

<u>Lesson</u>	<u>Content</u>
Lesson 1: The Amazing Brain	<p>Knowledge: Describe the structure and different functions of the brain.</p> <p>Value: Increase desire to perform to the best of one's ability, using all of the faculties of the brain.</p> <p>Life Skill: Set goals and practice ways of developing greater use of the faculties of the brain.</p> <p>Thinking Skill: Analyze the way you think.</p>
Lesson 2: Sending Signals	<p>Knowledge: Name the different parts of the central nervous system and explain how they work.</p> <p>Value: Develop respect for the way the brain receives information from the nervous system.</p> <p>Life Skill: Practice sharpening the senses and being conscious of the messages sent to the brain.</p> <p>Thinking Skill: Compare and contrast reflex and conscious actions.</p>
Lesson 3: Drugs and the Damage They Do	<p>Knowledge: Explain the effects of drugs on the brain.</p> <p>Value: Explore the issue of how doing drugs affects personal values, such as personal responsibility, respect for self and others, honesty, and accountability.</p> <p>Life Skill: Practice refusal skills that can protect you from dangerous risks.</p> <p>Thinking Skill: Predict the consequences of not using the Refusal Skill Steps in risky situations.</p>
Lesson 4: Injuries and Disorders	<p>Knowledge: List the causes and effects of head injuries and various disorders of the brain.</p> <p>Value: Develop a sense of empathy for those afflicted with brain disorders.</p> <p>Life Skill: Practice responsible behaviors, including conflict resolution, to avoid risks that might result in injury to the brain.</p> <p>Thinking Skill: Predict the effects of various injuries on the brain.</p>

Student Issue #3 – You Are What You Eat

<u>Lesson</u>	<u>Content</u>
Lesson 1: Beyond the Basics	<p>Knowledge: Explain the basic nutritional guidelines.</p> <p>Value: Write an assessment of your own personal values regarding nutrition.</p> <p>Life Skill: Propose alternate menus for the family that meet dietary guidelines.</p> <p>Thinking Skill: Compare and contrast two food groups.</p>
Lesson 2: Life Cycle and Nutrition	<p>Knowledge: Explain the nutritional needs of individuals based on age, gender, activity level, and state of health.</p> <p>Value: Trace the change in values and influences that affect food choice throughout the life cycle.</p> <p>Life Skill: Plan a diet that is appropriate to your place in the life cycle and one that will be appropriate ten years from now.</p> <p>Thinking Skill: Predict the consequences of maintaining your current diet without any change until you reach the age of your parents.</p>
Lesson 3: What Can Go Wrong	<p>Knowledge: List illnesses associated with food handling.</p> <p>Value: Design and present awards to people and organizations in the community who have contributed to keeping the community safe from diseases associated with food handling.</p> <p>Life Skill: Debate which job in the community is the most important in preventing disease associated with food handling.</p> <p>Thinking Skill: Demonstrate how to prepare a healthy meal or snack using sanitary food preparation and storage practices.</p>
Lesson 4: Making a Difference	<p>Knowledge: Assess the knowledge level of the community regarding nutrition, using everything you have learned about nutrition.</p> <p>Value: State how valuable it is to you that individuals, families, communities, and the nation are responsible in the promotion of nutritional health.</p> <p>Life Skill: Discover if your local grocery store provides a variety of foods that promote choices that are more healthful and meet the needs of varied diets within the community.</p> <p>Thinking Skill: Use the Decision Making Steps to determine what you personally can do to help improve the nutritional health of the community.</p>

Student Issue #4 – Love Your Lungs!

<u>Lesson</u>	<u>Content</u>
Lesson 1: The Respiratory System	<p>Knowledge: Identify the major organs of the respiratory system and describe what they do.</p> <p>Value: Describe the value of making the healthy choice to remain tobacco free.</p> <p>Life Skill: Practice proper breathing techniques for maximum health benefits.</p> <p>Thinking Skill: Predict the effects of poisonous gases on the respiratory system.</p>
Lesson 2: Community Health and Diseases of the Respiratory System	<p>Knowledge: Discuss major respiratory diseases (including asthma) and explain their impact on the community.</p> <p>Value: Develop responsibility for doing your part to prevent the spread of communicable respiratory diseases.</p> <p>Life Skill: Identify symptoms of lung disease and methods to prevent the spread of disease.</p> <p>Thinking Skill: Compare and contrast healthy and diseased lungs.</p>
Lesson 3: Smoking and Your Lungs	<p>Knowledge: Discover the effects of smoking on the lungs.</p> <p>Value: Describe the value of being “a smoke-free me.”</p> <p>Life Skill: Practice saying “NO!” to risk-taking behaviors and practice resisting pressure from advertising.</p> <p>Thinking Skill: Compare prior and new learning regarding tobacco.</p>
Lesson 4: Pollution in the Community	<p>Knowledge: Explain community risk factors for lung disease.</p> <p>Value: Support a community effort which advocates healthy lungs.</p> <p>Life Skill: Identify community agencies which are connected with community and respiratory health.</p> <p>Thinking Skill: Use Decision Making Skills to select a community project advocating healthy lungs.</p>

Student Issue #5 – Those Crazy, Mixed-Up Emotions

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Emotions and Your Body	<p>Knowledge: Describe human emotions and their effects on the body.</p> <p>Value: Build respect for the power of emotions to influence your health.</p> <p>Life Skill: Express emotions appropriately through communication skills.</p> <p>Thinking Skill: Predict the consequences of emotions on health.</p>
Lesson 2: Your Emotions and Your Life	<p>Knowledge: Identify responsible and irresponsible methods for handling strong emotions.</p> <p>Value: Make acting responsibly a priority in your behavior by making a class commitment.</p> <p>Life Skill: Practice positive skills for coping with stress, conflict, disappointment, and failure.</p> <p>Thinking Skill: Use decision making steps to determine responsible actions in emotional situations.</p>
Lesson 3: Troubled Times	<p>Knowledge: Identify events in life which trigger emotions such as grief, depression, anxiety, guilt, and fear.</p> <p>Value: Develop respect for the importance of a support system.</p> <p>Life Skill: Identify resources for help in your community for a variety of problems that might occur in life.</p> <p>Thinking Skill: Analyze various situations which trigger different emotions and discover the support system.</p>
Lesson 4: Send the Message: My Body is Private	<p>Knowledge: Explain how to recognize and avoid risky situations involving personal safety.</p> <p>Value: Increase awareness that sexual harassment is a crime.</p> <p>Life Skill: Practice assertiveness, refusal skills, and locating resources for help in the community.</p> <p>Thinking Skill: Distinguish between appropriate, inappropriate, and confusing touches and secrets.</p>

Student Issue #6 – Growing Up

<u>Lesson</u>	<u>Content</u>
Lesson 1: Hormones and Your Body	<p>Knowledge: Explain the endocrine system, including major glands and the role hormones play in stimulating body functions.</p> <p>Value: Show how responsible behavior can help the growing-up process.</p> <p>Life Skill: Identify values, responsibilities, and decisions related to growing up.</p> <p>Thinking Skill: Predict the consequences of various hormones not working properly in the body.</p>
Lesson 2: Puberty: Growing and Changing	<p>Knowledge: Identify the biological differences between males and females.</p> <p>Value: Show respect for self and others as a “maturing” adolescent.</p> <p>Life Skill: Practice speaking respectfully to another person by abstaining from sexual harassment.</p> <p>Thinking Skill: Compare the physical and emotional similarities between males and females during puberty.</p>
Lesson 3: Hygiene and You-Keeping Clean	<p>Knowledge: Identify the connection between good hygiene, your appearance, and feeling good about the way you look.</p> <p>Value: Show empathy, respect, and support for others who are going through puberty.</p> <p>Life Skill: Practice hygiene routines for enhanced appearance and analyze the effect on your self-esteem.</p> <p>Thinking Skill: Analyze influences of consumer products for hygiene and appearance.</p>
Lesson 4: Growing Up with a Healthy Attitude	<p>Knowledge: Define <i>maturity</i>.</p> <p>Value: Identify health and safety values that demonstrate maturity.</p> <p>Life Skill: Select and demonstrate appropriate life skills for various situations, including refusal and assertiveness skills, locating resources, and positive alternatives to negative behaviors.</p> <p>Thinking Skill: Evaluate peer pressure to determine if it is positive or negative.</p>

Student Issue #7 – Danger Ahead: The Truth About Drugs

<u>Lesson</u>	<u>Content</u>
Lesson 1: The Effects of Use, Misuse, and Abuse of Drugs	<p>Knowledge: Define the terms drug use, drug misuse, and drug abuse, and identify the short- and long-term effects of different categories of drugs on the body.</p> <p>Value: Set a goal to protect your body from misuse and abuse of drugs.</p> <p>Life Skill: Differentiate among proper use, misuse, and abuse of drugs.</p> <p>Thinking Skill: Compare and contrast the effects of proper drug use with misuse and abuse.</p>
Lesson 2: Drug Abuse and the Family	<p>Knowledge: Describe reasons for abusing drugs and how drug abuse by one member affects the whole family.</p> <p>Value: Show why it is important to talk to an adult you know and trust if you have problems that are hard-to-handle.</p> <p>Life Skill: List resources in the community that can help with drug problems.</p> <p>Thinking Skill: Analyze why drug abuse on the part of one family member can make the whole family feel guilty, ashamed, and embarrassed.</p>
Lesson 3: Drugs and Advertising	<p>Knowledge: Identify the ways in which some advertising promotes drug use.</p> <p>Value: Discuss the danger of misusing and abusing drugs as a method of solving problems.</p> <p>Life Skill: Analyze print and electronic media ads to determine whether or not they promote the misuse or abuse of drugs.</p> <p>Thinking Skill: Predict the consequences of using various over-the-counter drugs with various health problems.</p>
Lesson 4: Choose to Be Drug Free	<p>Knowledge: Explain why drugs won't solve problems.</p> <p>Value: Find a graphic way to show that the more you stick with positive values, the stronger you get.</p> <p>Life Skill: Make a list of all of the activities you can think of that would be fun and would also help you to be the strongest, healthiest, and most positive person you can be.</p> <p>Thinking Skill: Compare and contrast the life of someone who chooses to be drug free with the life of someone who chooses to drink, smoke, and take drugs.</p>

Student Issue #8 – About Blood and Disease

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Circulatory System	<p>Knowledge: Describe how your circulatory system works.</p> <p>Value: Show how important you believe healthful nutrition and exercise habits are to your circulatory system.</p> <p>Life Skill: Perform daily exercises which help to keep your circulatory system healthy.</p> <p>Thinking Skill: Predict the consequences of risky behaviors which affect our circulatory system, including smoking cigarettes, eating foods with high fat and salt contents, taking drugs, and drinking alcohol.</p>
Lesson 2: Your Blood and Your Immune System	<p>Knowledge: Identify components of the blood and the jobs they do.</p> <p>Value: Create a visual activity to show how important you feel your immune system is.</p> <p>Life Skill: Take responsibility for adopting healthy behaviors.</p> <p>Thinking Skill: Analyze the importance of immunizations.</p>
Lesson 3: HIV, Enemy of the Immune System	<p>Knowledge: Determine how HIV affects the immune system.</p> <p>Value: Design a goal chart that shows all of the positive things you hope to be and do in your life.</p> <p>Life Skill: Practice refusal skills, particularly concerning avoiding behaviors that pose the risk of contracting bloodborne diseases, including HIV.</p> <p>Thinking Skill: Analyze how HIV can and cannot be transmitted.</p>
Lesson 4: Helping Hands	<p>Knowledge: Define compassion and empathy.</p> <p>Value: Show that you can make helping others a priority in your life.</p> <p>Life Skill: Practice expressing kindness, especially toward those who are sick.</p> <p>Thinking Skill: Research and evaluate the amount of local help offered to patients in your community.</p>

Student Issue #9 – All the Right Stuff

<u>Lesson</u>	<u>Content</u>
Lesson 1: Don't Be Fooled by Advertising	<p>Knowledge: Explain the role of advertising in consumer behavior, including identifying at least five different tactics used by advertisers.</p> <p>Value: Demonstrate responsibility for checking out advertising claims before making purchasing decisions.</p> <p>Life Skill: Using research from one night's TV viewing or one magazine or newspaper, evaluate the advertising tactics and decide which ones are misleading and in what ways.</p> <p>Thinking Skill: Compare and contrast advertising claims.</p>
Lesson 2: Be a Wise Consumer	<p>Knowledge: Discover what you need to know and do to be a wise consumer, including analyzing factors that influence your decision to buy.</p> <p>Value: Discuss how your values affect your consumer behavior.</p> <p>Life Skill: Practice wise consumer techniques, including unit price shopping, reading labels, and evaluating advertising claims.</p> <p>Thinking Skill: Compare and contrast the results of shopping carefully using wise consumer techniques with impulse buying.</p>
Lesson 3: The Goods You Buy- Are They Good for You?	<p>Knowledge: Identify resources for judging the quality and health risks that might be present in the goods you buy.</p> <p>Value: Discuss who bears the responsibility in the case of the purchase of faulty products, products which are unhealthful, or products that are misused in a variety of scenarios.</p> <p>Life Skill: Practice being a consumer advocate by locating a product or advertisement which misleads the consumer and by taking appropriate action to correct the situation.</p> <p>Thinking Skill: Evaluate the impact of different kinds of music and music videos on your mental health.</p>
Lesson 4: Managing Your Own Money	<p>Knowledge: Explain what a budget is, how it works, and why it is an important tool for financial success.</p> <p>Value: Resolve to live within your means.</p> <p>Life Skill: Practice making a personal budget for one month which reflects your personal goals.</p> <p>Thinking Skill: Use the Decision Making Steps to set financial and other priorities.</p>

Student Issue #10 – Bones and Muscles

<u>Lesson</u>	<u>Content</u>
Lesson 1: Bones	<p>Knowledge: Describe various functions of the skeletal system.</p> <p>Value: Show how important you think it is that our bones can heal if broken.</p> <p>Life Skill: Practice habits which are designed to strengthen and maintain healthy bones.</p> <p>Thinking Skill: Predict the consequences of a poor diet and lack of exercise for your bones.</p>
Lesson 2: Muscles	<p>Knowledge: Identify the three muscle types and their functions.</p> <p>Value: Show how important you feel your body is by making choices that require physical activity.</p> <p>Life Skill: Set a goal to exercise your muscles and bones 60 minutes a day.</p> <p>Thinking Skill: Compare and contrast proper and improper ways to exercise.</p>
Lesson 3: Physical Activity and Environment	<p>Knowledge: Describe perfect environments in which to perform specific physical activities.</p> <p>Value: Show how important you feel it is to respect environmental conditions while performing physical activities.</p> <p>Life Skill: Practice skills needed to avoid sports injury and prevent accidents which might occur in certain environments.</p> <p>Thinking Skill: Use the decision making process to choose alternative physical activities when the environment is unhealthful or dangerous.</p>
Lesson 4: What Makes a Healthy Body	<p>Knowledge: Describe four things which can help to make a healthy body: positive attitude, daily exercise, nutritious diet, good decision making skills.</p> <p>Value: Show how important you feel it is to respect others when participating in sports.</p> <p>Life Skill: Create a plan to keep your body great and track your progress for a month.</p> <p>Thinking Skill: Analyze sports and dance as a means to become acquainted with others of like and different cultures.</p>