

Health Standards

Fifth Grade Curriculum Guide & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Approved Resources
<u>2.1 Personal and Mental Health</u> 3-5	Personal Growth & Development	Health is influenced by the interaction of body systems	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).	Lesson: The Health Triangle Project - Students will learn the importance of the Health Triangle. - A group activity: Brainstorming the Health Triangle. - Group poster project.
<u>2.2 Physical Wellness</u> 3-5	Lifelong Fitness	Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.	2.2.5.LF.1: Explain the need to engage in physical activities on a voluntary basis for emotional and physical enjoyment 2.2.5.LF.2: Develop a movement vocabulary that is flexible and adaptable for personal physical activity and wellness. 2.2.5.LF.3: Proactively engage in movement and physical activity for enjoyment individually or with others.	Lesson: The Health Triangle Project *See above.
		Personal and community resources can support physical activity	2.2.5.LF.5: Describe how community resources could be used to support participation in a variety of physical activities, sports, and wellness	

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<u>2.1 Personal and Mental Health</u> 3-5	Social & Sexual Health	All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.	2.1.5.SSH.1: Describe gender-role stereotypes and their potential impact on self and others. 2.1.5.SSH.3: Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity, and expression, race, ethnicity, socio-economic status, differing ability, immigration status, and family configuration).	Lesson: Stereotypes - Writing an “I Am Me” poem is a great activity as it provides opportunities for students to make connections. Students may find unexpected similarities and/or differences between themselves and others in the class. This can open discussion and help create community in your classroom. <u>Advocates for Youth, 3Rs</u> - Respect for All <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>
<u>2.3 Safety</u> 3-5	Personal Safety	There are strategies that individuals can use to communicate safely in an online environment.	2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect.	Lesson: Cyberbullying <u>Social Media-BrainPop:</u> Video <u>Cyberbullying-BrainPop:</u> Video <u>Online Safe-BrainPop:</u> Video <u>Advocates for Youth, 3Rs</u> Teasing, Harassment, Bullying <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>
<u>2.1 Personal and Mental Health</u> 3-5	Community Health Services and Support	Community professionals and school personnel are available to assist and address health emergencies as well as provide reliable	2.1.5.CHSS.2: Describe how business, non-profit organizations, and individuals can work cooperatively to address health problems that are affected by global issues, including climate change.	Lesson: Community Resources <u>Companies Leading the Fights of Climate Change</u> - Thomas Concrete - Unilever - Patagonia - Nestle

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		information.		• IKEA • Tesla <u>EverFi</u> : • Sustainability Foundations
<u>2.3 Safety</u> <u>3-5</u>	Personal Safety	Safety includes being aware of the environment and understanding how certain situations could lead to injury or illness.	• 2.3.5.PS1: Develop strategies to reduce the risk of injuries at home, school, and in the community. • 2.3.5.PS3: Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation.	Lesson: Safety <u>Bike safety-BrainPop</u> : Video
		Children who practice setting healthy boundaries know how to say no and what to do when they feel uncomfortable or find themselves in unsafe situations.	• 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.	Lesson: Personal Space <u>Let's Talk About Body Boundaries:</u> Read Aloud by Jayneen Sanders and Sarah Jennings <u>CDC Youth Violence Prevention</u> <u>Advocates for Youth, 3Rs</u> • Figuring out Friendships <i>*This lesson is co-taught with the school counselor.</i>
<u>2.1 Personal and Mental Health</u> <u>3-5</u>	Personal Growth and Development	Puberty is a time of physical, social, and emotional changes.	• 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.	Lesson: Family Life <i>Just Around the Corner (For Boys) --DVD (MarshMedia.com)</i> <i>Just Around the Corner (For Girls) --DVD (MarshMedia.com)</i> <i>*This lesson is co-taught with a school nurse. Parents will receive a notification when this lesson is being taught.</i>

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			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.	
	Pregnancy and Parenting	Pregnancy can be achieved through a variety of methods.	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.	Lesson: Family Life <i>Just Around the Corner (For Boys) --DVD (MarshMedia.com)</i> <i>Just Around the Corner (For Girls) --DVD (MarshMedia.com)</i>
	Social & Sexual Health	All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.	2.1.5.SSH.2: Differentiate between sexual orientation and gender identity.	<i>*This lesson is co-taught with the school nurse. Parents will receive a notification when this lesson is being taught.</i>
<u>2.2 Physical Wellness</u> <u>3-5</u>	Nutrition	Understanding the principals of a balanced nutritional plan (e.g. moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition-related decisions that will contribute to wellness.	2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively. 2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost. 2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.	Lesson: Nutrition <u>Serving Up My Plate: Yummy Curriculum</u> <u>My Plate</u>
<u>2.3 Safety</u> <u>3-5</u>	Alcohol, Tobacco and other Drugs	The use of alcohol, tobacco, and drugs may affect the user, family, and community	2.3.5.ATD.1: Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder,	Lesson: Drugs & Alcohol LEAD Program These standards are reviewed

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		members in negative ways and have unintended consequences.	- 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.	through our LEAD program run by the Haddon Township Police Dept.
		Drug misuse and abuse can affect one's relationship with friends, family, and community members in unhealthy ways.	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.	
	Dependency, Substances Disorder, and Treatment	The short- and long-term effects of substance abuse are dangerous and harmful to one's health.	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.	
		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.	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	

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			(e.g., school nurse, counselor, peer leadership group).	
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