

DEPARTMENT NAME :
Health and Wellness
Health Education

GRADE LEVEL: 5

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2017-2018

FIRST TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 9/7/17 Suggested Completion Date: 10/6/17	Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Goal Setting, Accessing Resources	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> Identify helpful resources toward creating a physical fitness goal (5.GM.K2, NHES 1.5.1) <i>EWKM Lesson 16, 26</i> Identify factors that go into being physical fit (5.GM.K2a, NHES 2.5.2) <i>EWKM Lesson 20</i> Demonstrate different exercises that improve endurance, strength, and flexibility fitness (5.GM.S1) <i>EWKM Lesson 31</i>
Suggested Completion Date: 12/1/17	Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Analyzing Influences, Accessing Resources, Goal Setting SEL Skills: Self-Management, Social Relations	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> Practice strategies to manage difficult feelings in a constructive way (5.GM.S1) <i>MM SE Lessons 1, 2</i> Discuss how peers can be a positive influence on others to promote nonviolence, respect, and peace in their schools and communities (5.AI.K1b, NHES 4.5.3) <i>MM SE Lesson 3, 4,14</i> Identify situations that might lead to trouble, including violence (5.AI.S1) <i>MM SE Lessons 7,8</i> Locate resources from home, school, and community that provide valid information about reducing and preventing violence (5.AR.S2) <i>MM SE Lessons 7, 8</i> Understand how to access local resources for violence prevention and conflict resolution, both in school and the community (5.AR.K2b) <i>MM SE Lessons 9,10,11,12</i> Set a personal goal to improve self-esteem and plan the steps necessary to achieve it (5.GM.S1, NHES 6.5.1) <i>MM SE Lesson 13</i>
First Marking Period Ends: 12/1/17 Assessments During This Period: Michigan Model for Health Grade 5: Nutrition and Physical Activity Pre-Unit Test/ Post-Unit Test		

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SECOND TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 12/4/17 Suggested Completion Date: 2/16/18	Unit: Healthy Body/Safe Body Unit Title: Healthy & Safe Body Unit Skills: Analyzing Influences, Decision Making	<u>Use the Health and Wellness Department's <i>Healthy & Safe Body Unit</i> for this unit.</u> Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Explain how are bodies have an immune system to fight infection (NHES 1.5.4) • Explain the differences between HIV/AIDS myths and facts (NSES SH.5.CC.1) • Understand the concept of risk factors and the behaviors that put someone at risk (NHES 7.5.2) • Locate helpful resources to learn factual information about HIV/AIDS (4.AR.K2b, NHES 2.5.6) • Demonstrate ways to treat people with dignity and respect (4.IC.S1, NSES HR.5.SM.1) • Identify useful resources for information or help (4.AR.S1, NSES PS.5.AR.2)
Start Date: 2/26/18 Suggested Completion Date: 3/16/18	Unit: Healthy Body/Safe Body Unit Title: Personal Safety Unit Skills: Analyzing Influences	<ul style="list-style-type: none"> • Identify important social, emotional, and physical elements of a positive and safe school climate (5.AI.K1a, NHES 1.5.3) <i>MM SE Lesson 14</i> • Recognize and explain that everyone has personal space and boundaries and that these should be respected (5.AI.K1b) <i>MM S Lesson 4</i> • Identify how gangs affect community safety and local violence (5.AI. K1a) <i>National Crime Prevention Council Lesson Plans</i> • Explore learning about ethnic groups toward building peaceful communities locally and globally (5.AI.K1b, NHES 2.5.2)
Second Marking Period Ends: 3/16/18		

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THIRD TRIMESTER		
Dates	Overarching/general themes	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 3/19/18 Suggested Completion Date: 4/27/18	Unit: Healthy Lifestyle Unit Title: Alcohol, Tobacco, and Other Drugs Unit Skills: Decision Making, Analyzing Influences	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> Describe the health effects of various tobacco products and the health benefits of staying away from these products (5.DM.K2, NHES 5.5.6) <i>MM ATOD Lesson 2</i> Analyze the accuracy of information conveyed in the media about tobacco use (5.AI.S2, NHES 2.5.5, 3.5.1) <i>MM ATOD Lesson 3</i> Demonstrate effective refusal strategies for tobacco, inhalants, and other drugs (5.DM.K2, NHES 4.5.2) <i>MM ATOD Lesson 4</i>
Suggested Completion Date: 6/20/18	Unit: Healthy Mind Unit Title: Personal Health and Wellness Unit Skills: Analyzing Influences	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> Identify advertising techniques commonly used in the media that target young people (5.AI.K2a, NHES 3.5.1) <i>MM PHW Lesson 2</i> Explain why it is important to have limits on screen time (5.AI.K2b) Explain how the media influences our thoughts, feelings, and health behaviors (5.AI.S2, NHES 2.5.5)
Third Marking Period Ends: 6/20/18 Assessments During This Period: Michigan Model for Health Grade 5: Alcohol, Tobacco and Other Drugs Unit Test		