

Mount Pleasant Central School District
Grade 5, Health Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How Do We Take Care of Our Health as We Grow? In this course, fifth grade students will broaden their understanding of health and wellness by exploring how their needs change as they grow and develop. Students will examine topics such as personal hygiene, nutrition, physical activity, emotional health, and respectful peer interactions, with a focus on preparing for the transition to adolescence. Learning will take place through discussions, group activities, problem-solving scenarios, and reflective projects that encourage students to take ownership of their choices and recognize the impact those choices have on their overall well-being. Assessment will emphasize participation, collaboration, and the ability to apply health knowledge and skills to real-world situations.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Safety	September	How to be safe inside and outside of school	Self control, awareness, accidents	NYS 2	Awareness and self preservation	Being aware and safe with your surroundings	Class Quiz
Kindness and Bullying	October	How to be conscientious and a friend	Stand upper, empathy, understanding	NYS 2	What it means, feels like and how we can be an aide to stop bullying	Recognizing and responding to bullying situations and how to be a good classmate or teammate	Group Project
Decision Making	November	How to make good choices in our normal day	Right vs. Wrong, helpful vs. harmful Safe vs unsafe	NYS 1	How to successfully use our experiences, values and knowledge to make good choices	How to make good choices and recognize certain situations	Quiz Project
Attitudes and Values	December	Respect and Responsibility	Respect, Pride, Positivity and assistance	NYS 1	Morals, respect and power of positive thinking	Understanding of a sense of pride and morality	Quiz Project

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Nutrition and Physical Health	January	Positive choices with food and body. A new year with new healthy routines	Calories, exercise, moderation	NYS 1	Positive choices in regards to how we treat our body	Understanding how to be a life long mover and live a healthy lifestyle	Quiz Project
Community	February	Family and local environments	Neighborhood, school pride, family	NYS 2	Pride and impact in community and surroundings	Pride and knowledge for where you live and go to school	Quiz Project
First Aid and CPR	March	Basic individual and self care for accidents	Band-aids, 911, police and EMS assistance	NYS 2	How to be comfortable in an emergency situation and what to do to be helpful	Basic Knowledge if an emergency situation occurs	Quiz Project
Emotions and Growing up	April	Moods and Feelings	Happiness, sadness, melancholy, determination, resolution	NYS 1	What will middle school look like, feel like and what will be new	General understanding of feeling and emotions as Middle School approaches	Quiz Project

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Leave it better than you found it How to inspire positive change	May	Reflect on time at Columbus	Influence, role models, pride, responsibility	NYS 2	How to positively affect your environment	Investigate ways to inspire and leave your school and community better than you found it	Self assessment questionnaire
Summer Safety	June	What to expect for summer and how to make it fun	Water safety, traffic safety, hydration and heat	NYS 3	How to navigate our summer with fun, safety and responsibility	Recognize ways to have fun and remain safe in Summertime	Quiz Project