

Fifth Grade Health Scope & Sequence

Last Updated June 2026

GBS Unit	Lessons & Activities	2023 Standards Alignment
Unit 1 First Aid Facts	L02: First Aid That You Can Do L03: Trusted Adults P03: Internet Safety L04: Taking Precautions A07: Disaster!!! A08: Safe in our Environment	5.SFA.3 5.SFA.4, 5.SUB.8, 5.GD.3, 5.GD.6 5.SEM.4, 5.SEM.5, 5.SFA.7, 5.HRVP.5, 5.HRVP.6 5.WHP.3, 5.SFA.1, 5.SFA.2, 5.SUB.9 5.SFA.6 5.WHP.1, 5.WHP.7
Unit 5 Those Crazy, Mixed-Up Emotions	L02: <u>Your Emotions and Your Life</u> P02: <u>Digital Communication</u>	TSEL Practice 5B 5.SFA.7, 5.SEM.4
Unit 10 Bones and Muscles / Unit 8 About Blood and Disease	U10L01: Bones U10L02: Muscles U8L01: Your Circulatory System U8L02: Your Blood and Your Immune System	5.WHP.3, 5.FNP.5, 5.FNP.6 5.FNP.5, 5.FNP.6 5.WHP.3 5.WHP.2, 5.WHP.3
Unit 7 Danger Ahead: The Truth About Drugs	L01: The Effects of Use, Misuse, and Abuse of Drugs L02: Substance Use Disorder and the Family L03: Drugs and Advertising (Understanding Influences) L04: Choose to be Drug Free A17: Making Choices	5.SUB.1, 5.SUB.2, 5.SUB.3, 5.SUB.8, 5.SUB.9, 5.SFA.4 5.SUB.2, 5.SUB.8, 5.SEM.3 5.WHP.6, 5.SUB.3, 5.SUB.5 5.SUB.4 5.SUB.7
Families may opt their child out of the following Comprehensive Sexuality Education lessons.		
Unit 6 Growing Up & Unit 8 HIV/AIDS	L01: Hormones and Your Body L02: Puberty: Growing and Changing P02: Sexual Harassment A08: Identity Unit 8L03: HIV, The Enemy of the Immune System Unit 8A17: Abstinence L03: Hygiene and You - Keeping Clean A04: Hygiene for Males (People with a Penis) A05: Hygiene for Females (People with Ovaries) L04: Growing Up with a Healthy Attitude	5.GD.1, 5.GD.2, 5.GD.3, 5.GD.7 5.SRH.2, 5.GD.1, 5.GD.2, 5.GD.4 5.HRVP.4, 5.HRVP.6, 5.GD.3, 5.GD.5 5.GD.2, 5.GD.5, 5.GD.6, 5.SEM.6, 5.HRVP.1 5.SRH.3 5.SRH.1, 5.SRH.2, 5.SRH.3 5.WHP.1, 5.WHP.3, 5.WHP.4, 5.WHP.7, 5.GD.2, 5.GD.7, 5.HRVP.1 5.GD.2 5.GD.2, 5.GD.4 5.WHP.1, 5.WHP.3, 5.HRVP.3, 5.HRVP.5, 5.SEM.4, 5.SEM.6, 5.HRVP.1, 5.GD.5
Unit 5 Those Crazy, Mixed-Up Emotions	L01: Your Emotions and Your Body L03: Troubled Times L04: Send the Message: My Body is Private P04: Different Types of Abuse A07: Suicide Prevention (TTSD revised script) A08: A School for Everyone	5.WHP.1, 5.WHP.3, 5.SEM.2, TSEL Practice 3C , 5.SEM.3 5.SFA.4, 5.SEM.2, 5.SEM.3 5.SFA.4, 5.HRVP.3, 5.HRVP.4, 5.HRVP.6, 5.HRVP.7, 5.GD.1 5.HRVP.4, 5.HRVP.6, 5.HRVP.7 5.SEM.3 5.SFA.5

Great Body Shop Key

L = Lesson

P = Portfolio

HC = Home Connection

A = Activity

Important Note: The majority of the health units and lessons listed here come from our adopted Great Body Shop health curriculum. When instructional materials outside of The Great Body Shop are listed, they will be directly linked in the table for your viewing convenience. To preview the Great Body Shop Lessons, please look for the parent notification letter and instructions that will be sent to you by early January or contact your school's office directly for more information.