

5th GRADE HEALTH UNITS AND TOPICS

Unit 1: First Aid Facts

- Defining first aid
- Helping others
- Rules for emergencies
- Decision-making steps
- First Aid skills
- Major versus minor injuries
- Avoiding risk
- Personal safety
- Assertiveness
- Refusal skills
- Locating resources for help

Unit 2: Brainstorms! Your Central Nervous System

- Structures and functions of the brain
- Setting goals and using faculties of the brain
- Different parts of the central nervous system
- How the brain receives information from the nervous system
- Sharpening the senses
- Reflex versus conscious actions
- Effects of drugs on the brain
- How drugs impact personal values
- Refusal skills
- Consequences of not using refusal skills in risky situations
- Brain injuries and brain disorders
- Empathy for those with brain disorders
- Avoiding injury to brain through good decision-making

Unit 3: You Are What You Eat

- Basic nutritional guidelines
- Personal values regarding nutrition
- Menu planning
- Nutritional needs of individuals
- Diet appropriate to your place in the the life cycle
- Illnesses associated with food handling
- Community members who prevent disease associated with food illness
- Department of Health: Community Organization
- Promoting nutritional health

Unit 4: Love Your Lungs

- Major organs of the respiratory system
- Healthy choices to remain tobacco free
- Proper breathing techniques
- Effect of poisonous gas on the respiratory system
- Major respiratory illnesses (asthma)
- Symptoms of lung disease
- Healthy versus diseased lungs
- Effects of smoking on the lungs
- Saying “no” to risky behaviors
- Community agencies connected to respiratory health

Unit 5: Those Crazy Mixed-Up Emotions

- Human emotions and effect on the body
- Power of emotions in influencing health
- Expressing emotion appropriately through communication skills
- Ways to handle strong emotions
- Positive skills for coping with stress, conflict, disappointment and failure
- Life events which trigger grief, depression, anxiety, guilt and fear
- Resources in the community to help with various life events
- Avoiding risky situations
- Sexual harassment as a crime
- Assertiveness and refusal skills
- Appropriate, inappropriate, confusing touches and secrets
- Abstinence as Prevention

Unit 6: Growing Up

- Endocrine system and major functions
- Glands and hormones
- Responsible behavior impacts growing up process
- Values, responsibilities and decisions related to growing up
- When various hormones don't work properly in the body
- Biological differences between males and females
- Definition of adolescence
- Physical and emotional differences between males and females during puberty
- Empathy, respect and support during puberty
- Enhanced importance of hygiene during puberty
- Consumer products for hygiene and appearance
- Definition of maturity
- Health and safety values that demonstrate maturity
- Selecting life skills for various situations

- Peer pressure both positive and negative
- Identity (Gender Expression and Gender Identity defined)

Unit 7: Danger Ahead! The Truth About Drugs

- Terms drug use, misuse, and abuse
- Goal setting to prevent misuse and abuse of drugs
- Distinguish between proper and improper use of drugs
- Effects of drugs with misuse and abuse
- Reasons for abusing drugs
- How does abusing drugs impact a family
- Finding a trusted adult to discuss problems with
- Community resources to help with drug abuse
- Ways advertising can promote drug use (both print and electronic media)
- Consequences of using over-the-counter drugs for various health problems
- Why drugs won't solve problems
- The life of someone who does drugs versus someone who does not

Unit 8: About Blood and Disease

- Circulatory system
- Healthful habits and importance to circulatory system
- Exercise to keep circulatory system healthy
- How risky behaviors impact the circulatory system
- Components of the blood and the job they do
- Responsibility of keeping immunization records
- Importance of immunization
- How HIV affects the immune system
- Using refusal skills to avoid risky situations
- How HIV can and cannot be transmitted
- Define compassion and empathy
- Making helping other a priority
- Expressing kindness

Unit 9: All of the Right Stuff!

- Role of advertising in consumer behavior
- Checking advertising claims
- How can ads be misleading
- How to be a wise consumer
- How values impact consumer behavior
- Unit price shopping, reading labels, and evaluating advertising
- Resources for judging the qualities of products
- Purchase of faulty or unhealthful products-who is responsible
- What is a budget, how it works and why it is important

Unit 10: Bones and Muscles

- Functions of the skeletal system
- Bone healing
- Habits to strengthen and maintain bones
- Consequences of poor diet and lack of exercise on the bones
- Muscle types and their functions
- Goal setting for exercise
- Proper versus improper ways to exercise
- Environments to perform various physical activities
- Respecting environmental conditions when performing physical activities
- Avoiding sport injuries and accidents
- Things that help to make body great: positive attitude, daily exercise, nutritious diet and good decision-making skills
- Sports and dance as a way to become familiar with other cultures