

GRADE 5 HEALTH

Organizing Concepts	Health & Wellness	Building Health Skills	Decisions & Character	Setting Health Goals	Skin, Teeth, Hair, Ears, Eyes	Choosing Health Products	Benefits of Physical Activity	Setting Fitness Goals	Personal Safety	First Aid Emergency
Week	1	2	3	4	5	6	7	8	9	10
Topics/ Objectives	<p>What does it mean to be healthy?</p> <p>What is the relationship between health and wellness?</p> <p>The Health Triangle</p> <p>Your Personal Health</p> <p>Lesson 1 Review</p>	<p>What skills will help you stay healthy?</p> <p>Describe ways to promote your health and the health of others</p> <p>Where can you find health information</p> <p>Lesson 2 Review</p>	<p>What are decisions?</p> <p>The Decision-Making Process</p> <p>How do you make a responsible decision?</p> <p>How do decisions affect your health?</p> <p>Lesson 3 Review</p>	<p>What are goals?</p> <p>Why is it important to have goals?</p> <p>What are the steps to achieve your goals?</p> <p>Lesson 4 Review</p> <p>Chapter 1 Assessment</p> <p>Test</p>	<p>What are the functions of skin, teeth, hair, ears, eyes?</p> <p>What happens if you do not take good care of them?</p> <p>What are some defects and their causes?</p> <p>Lessons 1&2 Review</p>	<p>What influences your decisions about health products?</p> <p>How do you decide what is best for you?</p> <p>Why is it important to get regular check-ups?</p> <p>Lessons 3&4 Review</p> <p>Chapter Assessment</p> <p>Test</p>	<p>Why is it important to get regular exercise?</p> <p>What is fitness?</p> <p>What is the difference between anaerobic and aerobic exercise?</p> <p>Lesson 4 Review</p>	<p>How do you set fitness goals?</p> <p>Create your own fitness goals</p> <p>How do you stay healthy while exercising?</p> <p>Lesson 5 Review</p> <p>Chapter 5 Assessment (#14-22)</p>	<p>Why is it important to build safe habits?</p> <p>The Accident Chain</p> <p>What are some ways to stay safe at home and at school?</p> <p>Lessons 1&2 Review</p>	<p>What is First Aid?</p> <p>What are the steps in an emergency?</p> <p>What are some examples of emergency situations?</p> <p>Lessons 3&4 Review</p> <p>Chapter 10 Assessment</p> <p>Test</p>
Sources	Teen Health Course 1 Chapter 1, Lesson 1 Pages 4-6	Teen Health Course 1 Chapter 1, Lesson 2 Pages 8-11	Teen Health Course 1 Chapter 1, Lesson 3 Pages 14-18	Teen Health Course 1 Chapter 1, Lesson 4 Pages 20-22	Teen Health Course 1 Chapter 4, Lesson 1&2 Pages 86-99	Teen Health Course 1 Chapter 4, Lessons 3&4 Pages 100-107	Teen Health Course 1 Chapter 5, Lesson 4 Pages 133-136	Teen Health Course 1 Chapter 5, Lesson 5 Pages 138-140	Teen Health Course 1 Chapter 10, Lessons 1&2 Pages 256-270	Teen Health Course 1 Chapter 10, Lessons 3&4 Pages 272-277
C.C.S.	2.1	2.1, 2.2	2.1, 2.2	2.1, 2.2	2.1	2.1, 2.2	2.1, 2.6	2.1, 2.2, 2.6	2.1	2.1

GRADE 5 HEALTH