

ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- GRADE FIVE

Course Description

Students continue to explore the 10 areas of health including: Injury Prevention & Personal Safety, Nutrition, Functions of the Body, Growth & Development, Illness Prevention, Substance Abuse Prevention, Community Health & Safety, Self worth, Mental and Emotional Health, Environmental & Consumer Health and Physical Fitness. In grade 5 students are asked to think deeper into the risk factors that compromise our health. They are also asked to practice consumer advocacy and acknowledge the role of community in promoting health and safety.

Essential Questions

- What do you need to know to be a smart consumer?
- How does HIV affect the immune system?
- How do hormones and emotions affect our life?
- How is our health compromised by drug and tobacco use?
- What are the basic first aid skills?
- What does our brain do?

Curriculum Topics

- First Aid Facts
- The Central Nervous System
- You Are What You Eat
- Love Your Lungs- The Respiratory System
- Those Crazy Mixed-Up Emotions
- Growing Up, Hormones, Hygiene and Attitude
- The Truth About Drugs
- About Blood and AIDS
- All the Right Stuff- Advertising & Consumerism
- Bones and Muscles

Benchmarks

- List & practice emergency response steps
- Describe the structure & function of the brain and effects of drugs and head injuries to the brain.
- Explain the nutritional needs of individuals based on age, sex and state of health as well as the role of the Department of Public Health in preventing disease associated with food handling.
- Identify and describe the major organs of the respiratory system and explain community risk factors that contribute to lung disease.
- Describe human emotions and their effect on the body.
- Distinguish between appropriate, inappropriate, and confusing touches and secrets.
- Analyze the function of hormones within the body and Identify health and safety values that demonstrate maturity.
- Differentiate among proper use, misuse and abuse of drugs and identify ways in which some advertising promotes drug use.
- Describe how the circulatory system works and determine how HIV affects the immune system.
- Explain the role of advertising in consumer behavior and practice smart consumer techniques.
- Describe the functions of the skeletal system and how our environmental conditions play an important role in physical activity.

