

5th Grade Health Pacing Guidelines

Health education will be offered the last two weeks of each trimester for a total of 400 minutes per trimester and 1200 minutes overall. You will have extra allotted minutes each trimester which allows you to expand upon lessons of interest or go over the estimated minutes per lesson.

1st Trimester (210 minutes)

Chapter	Lesson (s)	Lesson Minutes	Total Minutes
Unit A: Chapter 1: Mental and Emotional Health	1,2,5,6	30 minutes each	120 minutes
2: Family and Social Health	2,3,5	30 minutes each	90 minutes

2nd Trimester (210 minutes)

Chapter	Lesson (s)	Lesson Minutes	Total Minutes
Unit B: Chapter 3: Growth and Development	4,5,	30 minutes each	60
4: Nutrition	2	30 minutes	30
Unit D: Chapter 7: Alcohol, Tobacco, and Other Drugs	1,2,3,6	30 minutes each	120 minutes

3rd Trimester (340 minutes)

Puberty The Wonder Years

Lesson	Lesson Minutes
1: Ready, Set, Grow!	50 minutes
2: Puberty and the Male Reproductive System	50 minutes
3: Puberty and the Female Reproductive System	50 minutes
4: Reproduction	50 minutes
5: Personal Hygiene and Healthy Habits	50 minutes
6: Social and Emotional Changes	40 minutes
7. Media Messages	50 minutes