

Health and Wellness

Grade 5*

*(Lessons from the 5th grade book are divided between 5th and 6th grade)

Unit A: Mental, Emotional, Family, and Social Health

Chapter 1: Mental and Emotional Health

Pacing	Objectives/Health Goals	Resources	Life Skills	Other Activities	Review and Assess	Standards
Lesson 1 What Are Health and Wellness? A4-A9 (30min)	O: 1. Discuss how life skills can help you take responsibility for your health and reach wellness. 2. Explain how a healthful behavior and a risk behavior differ. 3. Identify ten areas of health. HG: Take responsibility for my health.	Health Masters: Develop vocabulary, p.1 Study Guide, p.2	Critical Thinking- Practice Healthful Behaviors, p. A9	Clipboard Activity 1 Write About It! p. A8	Lesson Review, p. A9 Lesson Quiz-Assessment book, p. 5	NHES 1.1,1.2,1.3,1.4, 2.4,2.5,4.4,5.2, 5.4,5.6,6.1
Lesson 2 Plan for a Healthy Life A10-A15 (30 min)	O: 1. Describe why you need health knowledge and how to get it. 2. Describe how to set and achieve short-term and long-term health goals. 3. Explain how to	Health Masters: Develop Vocabulary, p.3 Study Guide, p. 4 Interpret Information, p.5 Assessment Book-Health	Critical Thinking- Set Health Goals, p. A15	Clipboard Activity 2 Build Character-Plan to Improve, p. A12 Write About It! p. A13 Writing Connection- Personal	Lesson Review, p. A15 Lesson Quiz-Assessment Book, p. 6	NHES 3.1,3.2,4.4,5.4, 5.6,6.1,6.2

	<p>make a health behavior contract. HG: 1. Take responsibility for my health. 2. Practice life skills.</p>	Inventory, pp. 2-3		Narrative, p. A13		
<p>Lesson 5 Taking Charge of Your Health A28-A33 (30 min)</p>	<p>O: 1. List and apply the steps you can take to make responsible decisions. 2. Describe things that might influence your choices, including peer pressure. 3. Describe the skills you can use in resisting pressure to make a wrong decision. HG: 1. Make responsible decisions. 2. Use resistance skills when necessary.</p>	Health Masters: Develop Vocabulary, p.10 Study Guide, p.11	Critical Thinking-Use Resistance Skills, p. A33	Clipboard Activity 5 Consumer Wise-Spot the Sales Pitch. p.A30 ELL –Multilevel Strategies, p.A32	Lesson Review, p. A33 Lesson Quiz-Assessment Book, p.9	NHES 2.1,2.3,2.5,4.1, 4.2,4.4,5.6,7.1
<p>Lesson 6 Managing Stress A34-A39 (30 min)</p>	<p>O: 1. Describe what stress is and how it affects the body. 2. Explain strategies for stress management.</p>	Health Masters: Develop Vocabulary, p.12 Study Guide, p. 13	Critical Thinking-Manage Stress, p. A39 Health Activity-Manage Stress, p. A38	Clipboard Activity 6 Writing Connection-List Possible Stressors, p. A37 Physical	Lesson Review, p. A39 Lesson Quiz-Assessment Book, p.10	NHES 1.1,1.2,1.3,4.1,4.4, 5.3,5.6,7.3,

	<p>3. Describe ways to bounce back from hard times.</p> <p>HG: 1. Have a plan to manage stress. 2. Bounce back from hard times.</p>			<p>Education Connection-Breathing Out Stress, p. A37</p>	
<p>Learning Life Skills Make Responsible Decisions A40-A41</p>	<p>O: 1. Describe the four steps in making responsible decisions. 2. Apply the four steps in making responsible decisions.</p> <p>HG: Practice life skills.</p>	<p>Health Masters, Learning Life Skills, p.14 Assessment Book, Decision - Making Model,p.4</p>	<p>Critical Thinking-Make Responsible Decisions, pp. A40-A41 Foldable, p. A41</p>		<p>NHES 1.1,2.1,2.3,5.1,5.4, 5.5,7.1,7.2,</p>

Unit A: Mental, Emotional, Family, and Social Health

Chapter 2: Family and Social Health

Pacing	Objectives/Health Goals	Resources	Life Skills	Other Activities	Review and Assess	Standards
Lesson 2 Communication in Relationships A52-A57 (30 min)	O: 1. Describe how to communicate in healthful ways. 2. Identify ways to use nonverbal communication and listening skills. 3. Describe ways to communicate emotions. HG: Communicate in healthful ways.	Health Masters: Develop Vocabulary, p.17 Study Guide, p.18	Critical Thinking- Use Communication Skills, p. A57	Clipboard Activity 8 Health Activity- Build Character- Caring, p. A55 Physical Education Link- Play Emotion Charades, p. A56	Lesson Review, p. A57 Lesson Quiz- Assessment Book, p. 17	NHES 1.2,4.1,7.2
Lesson 3 When Conflict Occurs A58-A63 (30 min)	O: 1. Explain why and how conflict develops. 2. List strategies for resolving conflict. 3. Explain how a responsible adult can help with mediation of a conflict. HG: Resolve conflicts in a healthy way.	Health Masters: Develop Vocabulary, p. 19 Study Guide, p.20 Interpret Information, p.21		Clipboard Activity 9 Health Activity- Build Character- Fairness, p. A62	Lesson Review, p.A63 Lesson Quiz- Assessment Book, p. 19	NHES 1.1,1.2,1.3,1.4,1.5, 4.1,4.2,4.3,4.4,5.2 5.3,7.2,7.3
Lesson 5	O: 1. Describe	Health	Critical	Clipboard	Lesson	NHES

<p>Facing Family Challenges A68-A73 (30 min)</p>	<p>activities in which families cooperate. 2. Explain how families can adjust to changes and challenges. 3. List ways in which healthy families communicate. HG: 1. Work to have healthful family relationships. 2. Adjust to family changes in healthful ways.</p>	<p>Masters: Develop Vocabulary, p.24 Study Guide, pp. 25-26 Interpret Information, p. 27</p>	<p>Thinking- Access Health Facts, p. A73</p>	<p>Activity 11 Health Activity- Build Character- Responsibility, p. A72</p>	<p>Review, p. A673 Lesson Quiz- Assessment Book, p. 20</p>	<p>1.3,2.1,2.3,4.4,5.1,5.5, 5.6,6.1,</p>
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Unit B: Growth and Nutrition

Chapter 3: Growth and Development

Pacing	Objectives/Health Goals	Resources	Life Skills	Other Activities	Review and Assess	Standards
<p>Lesson 4 The Stages of Life B20-B25 (30 min)</p> <p>*Puberty is also covered in Puberty: The Wonder Years Curriculum</p>	<p>O: 1. Describe the changes that occur in infancy and childhood. 2. Describe the changes that occur in adolescence and adulthood. 3. Explain how developing healthful habits helps you throughout your life.</p> <p>HG: 1. Accept the ways my body changes as I grow. 2. Choose habits for healthful growth and aging. 3. Learn the stages of the life cycle.</p>	<p>Health Masters: Develop Vocabulary, p.46 Study Guide, p. 47</p>	<p>Health Activity- Access Health Facts, Products, and Services, p. B23 Health Activity- Practice Healthful Behaviors, p.B24</p>	<p>Clipboard Activity 17 Social Studies Link-Make a Presentation, p. B23</p>	<p>Lesson Review, p. B25 Lesson Quiz-Assessment Book, p.31</p>	<p>NHES 2.1,2.3,2.4,4.2,4.4, 5.1,5.2,5.4,5.5,5.6, 6.1,6.2</p>
<p>Lesson 5 You Are Unique B26-B29</p>	<p>O: 1. Explain how heredity affects development.</p>	<p>Health Masters: Develop Vocabulary,</p>	<p>Critical Thinking- Analyze What</p>	<p>Clipboard Activity 18 Write About It!</p>	<p>Lesson Review, p. B29 Lesson Quiz-</p>	<p>NHES 1.2,1.3,2.1,2.3,4.4, 5.2,5.4,6.2</p>

<p>(30 min)</p>	<p>2. List factors other than heredity that affect development. 3. Explain why you are unique. 4. Identify different ways in which people learn. HG: 1. Be glad that I am unique. 2. Discover my learning style.</p>	<p>p. 48 Study Guide, p. 49</p>	<p>Influences Your Health, p. B29</p>	<p>p. B27 Art Link-Draw a Self-Portrait, p. B28</p>	<p>Assessment Book, p.32</p>	
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Unit B: Growth and Nutrition

Chapter 4: Nutrition

Pacing	Objectives/Health Goals	Resources	Life Skills	Other Activities	Review and Assess	Standards
Aim for a Balanced Diet B42-B47 (30 min) And Learning Life Skills B48-B49	O: 1. Describe what information is contained on a food label. 2. Identify and name influences on food choices. 3. Explain how to plan well-balanced menus. HG: 1. Read food labels. 2. Check out food ads. 3. Eat healthful meals and snacks. 4. Choose healthful foods when eating at fast food restaurants.	Health Masters: Develop Vocabulary, p.55 Study Guide, p.56 Interpret Information, pp.57-58	Critical Thinking-Use Resistance Skills, p. B47	Clipboard Activity 20 On Your Own-Plan a Menu, p. B44 Build Character, p. B45 Social Studies Connection-What My Family Eats, p. B44 Social Studies Connection-Ethnic foods, p. B45 Writing Connection-Develop a Food Ad, p. B45 ELL-Multilevel Strategies, p. B46	Lesson Review. B47 Lesson Quiz-Assessment Book, p. 39	NHES 2.2,2.3,2.5,3.1,3.2, 4.1,4.2,8.1
Learning Life Skills-Analyze What Influences Your Health B48-B49	O: 1. Describe the four steps in analyzing what influences your health. 2. Apply the four steps in analyzing what	Health Masters. Learning Life Skills, p. 59	Critical Thinking-Analyze What Influences Your Health, pp. B48-B49 Foldable B49			NHES 2.3,3.1

	influences your health. HG: Practice life skills.					
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Unit D: Drugs and Disease Prevention

Chapter 7: Alcohol, Tobacco, and Other drugs

Pacing	Objectives/Health Goals	Resources	Life Skills	Other Activities	Review and Assess	Standards
Lesson 1 Drugs and Your Health D4-D9 (30 min)	<p>O: 1. Describe the differences among drugs, medicine, prescription medicine, over-the-counter (OTC) medicine, and illegal drugs.</p> <p>2. List important safety precautions involved with taking medicines.</p> <p>3. Describe the signs of drug misuse and abuse.</p> <p>HG: 1. Use over-the-counter (OTC) and prescription drugs in safe ways.</p> <p>2. Tell how someone who uses drugs in harmful ways can get help.</p>	<p>Health Masters: Develop Vocabulary, p.99 Study Guide, p.100 Interpret Information, pp.101-102</p>	<p>Critical Thinking-Make Responsible Decisions, p. D9</p>	<p>Clipboard Activity 34 Write About It! p. D8</p>	<p>Lesson Review, p. D9 Lesson Quiz-Assessment Book, p. 68</p>	<p>NHES 3.1,3.2,4.1,4.4,5.1, 5.2,5.3,.54,5.5,8.1, 8.2</p>
Lesson 2	O: 1. List short -	Health Masters:	Critical	Clipboard	Lesson Review,	NHES

<p>Alcohol and Health D10-D15 (30 min)</p>	<p>and long-term effects of alcohol use. 2. Explain why laws prohibit children from drinking alcohol. 3. Describe the link between drinking alcohol and injury and disease. HG: I will not drink alcohol.</p>	<p>Develop Vocabulary, p. 103 Study Guide, p. 104 Interpret Information, pp. 105-106</p>	<p>Thinking-Set Health Goals, p. D15</p>	<p>Activity 35 Write About It! p. D12 Science Link- Draw a Body Map, p. D13 Hands On: Individual-Make a poster, p. D13 ELL-Multilevel Strategies, p.D13</p>	<p>p. D15 Lesson Quiz-Assessment Book, p.69</p>	<p>4.1,4.2,5.4,5.6,6.1, 6.2,8.1,8.2</p>
<p>Lesson 3 Tobacco and Health D16-D21 (30 min)</p>	<p>O: 1. List several toxins found in tobacco smoke. 2. Describe the short- and long-term effects of tobacco use on the body. 3. Describe the laws governing tobacco use by a minor. 4. Explain the link between tobacco use and disease. 5. Explain how secondhand smoke can be harmful to health. HG: 1. I will not use tobacco. 2. I will try to</p>	<p>Health Masters: Develop vocabulary, p. 107 Study Guide, p. 108 Interpret Information, p.109</p>	<p>Critical Thinking-Analyze What Influences Your Health. p. D21</p>	<p>Clipboard Activity 36 Art Link-Make an Anti-Cigarette Ad, p.D17 Science Link- Explore the Effects of Smoking, p. D18 Art Connection-Concentration Cards, p. D19</p>	<p>Lesson Review, p. D21 Lesson Quiz-Assessment, p. 70</p>	<p>NHES 2.5,3.1,4.1,8.1,8.2</p>

	protect myself from secondhand smoke.					
Lesson 6 Resisting Pressure D36-D39 (30 Min)	<p>O: 1. Describe ways to resist pressure to use drugs.</p> <p>2. List some important FDA regulations on tobacco, alcohol and drugs.</p> <p>3. Explain how to use resistance skills to avoid drug abuse.</p> <p>HG: Say "no" if someone offers me a harmful drug.</p>	Health Masters: Develop Vocabulary, p. 119 Study Guide, p. 120	Critical Thinking-Use Resistance Skills, p. D39	Clipboard Activity 39	Lesson Review, p. D39 Lesson Quiz-Assessment Book, p.73	NHES 1.1,1.2,1.3,1.4,2.1,2.3,3.1,3.2,4.1,4.2,4.4,5.2,5.3,5.4,6.1,7.1,7.2,7.3,8.1,8.2

Puberty: The Wonder Years

Grade 5

Lessons 1-7

LESSON 1: Ready, Set, Grow! (50 min)

Students will:	National Health Education Standards
List changes that will occur as they grow and mature.	Core Concepts
Formulate guidelines for discussions during the puberty lessons.	Interpersonal Communication
Assess what they already know about puberty.	Core Concepts
Develop a plan for improving communication with their parents regarding changes in puberty.	Accessing Information Interpersonal Communication

LESSON 2: Puberty and the Male Reproductive System (50 min)

Students will:	National Health Education Standards
Summarize what they know about growing up.	Core Concepts
Identify physical and emotional changes occurring during puberty.	Core Concepts

Define the structures and functions of the male reproductive system.	Core Concepts
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LESSON 3: Puberty and the Female Reproductive System (50 min)

Students will:	National Health Education Standards
Define the structures and functions of the female reproductive system.	Core Concepts
Practice their communication skills by talking with their parents or other trusted adult about puberty.	Interpersonal Communication

LESSON 4: Reproduction (50 min)

Students will:	National Health Education Standards
Review the structures and functions of the male and female reproductive systems.	Core Concepts
Describe the changes that indicate an individual is physically capable of reproduction.	Core Concepts

LESSON 5: Personal Hygiene and Healthy Habits (50 min)

Students will:	National Health Education Standards
Distinguish between accurate and inaccurate sources of information about puberty.	Accessing Information

Demonstrate the intent to implement personal hygiene and healthy habits.	Self-Management
Select their personal reasons for postponing sexual intercourse.	Analyzing Influences

LESSON 6: Social and Emotional Changes (40 Min)

Students will:	National Health Education Standards
Identify social and emotional changes occurring during puberty.	Core Concepts
Describe normal variations in individual rates of change during puberty.	Core Concepts
Examine case studies and plan ways to respect a peer who is going through an awkward stage of puberty.	Analyzing Influences Self-Management

LESSON 7: Media Messages (50 min)

Students will:	National Health Education Standards
Critique advertisements and popular music for the presence of messages about sexuality.	Analyzing Influences
Compose advice for their peers to encourage accurate information and healthy behavior.	Accessing Information Interpersonal

	Communication
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