

## **Fifth Grade Health Fall 2018**

### **Course Description:**

This course is a comprehensive overview of the physical, mental and social aspects of health. Content focuses on fundamental issues related to making choices on a day-to-day basis. Topics covered include body systems, tobacco, alcohol and other drug abuse, nutrition, personal hygiene, decision making and goal setting.

### **Big Ideas:**

I can choose how foods can affect my body.

I know how to be safe at home and school.

### **Essential Learning Outcomes:**

**ELO #1:** The student will identify the major organs of the body systems (circulatory, respiratory, muscular, skeletal, etc.). (FS1B5, FS1C6, FS1E5, FS1F6, FS1G5, FS1J5)

**ELO #2:** The student will create a personal health plan. (HM1A5, HM1B6)

**ELO #3:** The student will learn to examine food labels to determine calories and nutrients in a product. (HM2A5 HM2B5, HM2C5, HM2D7)

**ELO #4:** The student will summarize the relationship between food intake and physical activity. (HM2E5, HM3A6)

**ELO #5:** The student will devise a safety plan to reduce the risk of becoming a victim of violence. (HM4ES)

**ELO #6:** The student will discuss how various types of drugs, both legal and illegal, affect the body. (RA3C6)