

Health 5 - All Objectives

(5)1 Personal Health

- (5)1.1 Apply physical, mental, emotional, and social health behaviors to personal health. [1.5.1]
- (5)1.2 Identify factors that have a positive or negative impact on personal health behaviors. [1.5.1]
- (5)1.3 Apply the steps of the decision-making process to an identified health-related situation to avoid or reduce health risks. [7.5.1]
- (5)1.4 Demonstrate effective verbal and non-verbal communication skills. [4.5.1]
- (5)1.5 Set an individual health goal and list the steps necessary to achieve it. Record the progress of an individual health goal. [6.5.1]
- (5)1.6 Describe ways to influence others to make positive health choices. [8.5.1]
- (5)1.7 Examine alternatives and consequences when making a personal health decision. [5.5.1]

(5)2 Growth and Development

The objectives found in the 5th Grade Growth and Development strand must only be taught using the CCSD Fifth Grade Growth and Development Unit of Instruction. This unit of instruction has been approved by the CCSD Board of School Trustees per NRS 389.065. The Fifth Grade Human Growth and Development Unit of Instruction must be taught by the school nurse or a teacher designated by the school site administrator. It is recommended that a school nurse and classroom teacher or two classroom teachers be present in the room during all lessons. Please note that substitute teachers may not provide instruction on the Fifth Grade Human Growth and Development Unit of Instruction. During the unit, both fifth grade boys and girls must be taught separately and should get instruction in all lessons. According to district policy, students must have parent/guardian approval to attend this program. All teaching materials should be made available for parent/guardian review.

- (5)2.1 Identify the structures and functions of the following body systems: skeletal, muscular, nervous, circulatory/cardiovascular, digestive, respiratory, immune, endocrine, and reproductive. [1.5.2]
- (5)2.2 Understand the differences among self and others. [1.5.3]
- *(5)2.3 Define puberty. [1.5.3]

(5)3 Nutrition and Physical Activity

- (5)3.1 Apply basic nutritional information found on food labels to a balanced diet. [7.5.2]
- (5)3.2 Plan healthy meals using key nutrients, MyPlate, and nutritional information found on food labels for breakfast, lunch, and dinner. Apply the health-related components of an active lifestyle to daily routine. [1.5.4 , 1.5.5]
- (5)3.3 Compare nutrition and physical activity habits in diverse cultures. [2.5.3]

(5)4 Substance Use and Abuse

- (5)4.1 Explain the short and long term effects of legal and illegal drugs and other substances on various body systems. [1.5.6]
- (5)4.2 Analyze the influence that family, peers, media, and culture have on the use of helpful and harmful substances. [2.5.4]
- (5)4.3 Explain drug addiction, including alcohol and tobacco. [5.5.2]
- (5)4.4 Practice refusal skills when confronted with an unhealthy or dangerous situation involving alcohol, tobacco, unknown substances, prescriptions, and over-the-counter drugs. [4.5.3 , 4.5.4]
- (5)4.5 Discuss the importance of using positive coping behaviors when dealing with friends or family members who abuse alcohol, tobacco, and other drugs. [7.5.4]

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(5)5 Injury/Violence Prevention and Safety

- (5)5.1** Discuss when to recognize potentially violent or unsafe situations and describe ways to protect oneself. [1.5.8 , 7.5.6]
- (5)5.2** Practice basic first aid for minor injuries and explain when professional emergency help needs to be called. Discuss life-saving techniques such as the Heimlich maneuver. [7.5.5]
- (5)5.3** Practice refusal skills that would be used when confronted with a dangerous situation. [1.5.8]
- (5)5.5** Demonstrate how conflicts can be resolved without bullying, cyber bullying, and harassment. Demonstrate skills and strategies for solving interpersonal conflicts without harming self and others. [4.5.5]

(5)6 Prevention/Control of Disease

- (5)6.1** Review communicable diseases and types of pathogens, such as bacteria, viruses, and fungi. Describe how the immune system fights and protects against pathogens. [1.5.9]
- (5)6.2** Explain preventative measures to protect from illness/disease. [1.5.10 , 7.5.7]
- (5)6.3** Explain the importance of seeking reliable health information. [3.5.1]
- (5)6.4** Predict how decisions regarding health behaviors may have positive and negative consequences on self and others. [5.5.3]
- (5)6.5** Identify how technology has influenced medical advancements in health care. [2.5.5]
- (5)6.6** Develop short and long-term health goals. [6.5.2]

(5)7 Environmental/Consumer Health

- (5)7.1** Demonstrate personal responsibility when making decisions to protect oneself against environmental elements. [1.5.12]
- (5)7.2** Develop a plan for taking care of the school and community environment, such as starting a recycling program, planning neighborhood clean-ups, or having a sun safety awareness day. [1.5.11]
- (5)7.3** Provide examples of how media literacy can assist in making smart, responsible consumer choices. [2.5.6]
- (5)7.4** Discuss health services that are provided in the community. [3.5.2]
- (5)7.5** Identify types of assistance that can be used when making a health-related decision. [5.5.4]
- (5)7.6** Discuss how community resources assist with making other personal health decisions. [6.5.3]
- (5)7.7** Distinguish between consumer and environmental health messages. Discuss the effects of consumer and environmental health messages on the community. [8.5.2]