

## Grade Five Health Education Curriculum Overview

Core Unit	MLR	Essential Understandings / Key Concepts
<b>Human Body</b> <ul style="list-style-type: none"> <li>• <b>Disease Prevention</b></li> </ul>	<b>A6</b> <b>C1b</b> <b>F1d</b>	<ul style="list-style-type: none"> <li>- There are benefits of getting proper rest and sleep for healthy growth and development.</li> <li>- Nutrients in food affect how body systems function.</li> <li>- Maintaining a healthy body requires healthy foods, regular exercise, and adequate water intake and rest.</li> <li>- Healthy food choices can help prevent certain diseases or health related problems.</li> </ul>
<b>Preparing for Puberty</b>	<b>A5</b> <b>A6</b> <b>B2</b> <b>C1b</b> <b>D1c</b>	<ul style="list-style-type: none"> <li>- The reproductive system enables a man and a woman to have a baby.</li> <li>- During puberty, adolescents experience significant changes.</li> <li>- A wide range of development is normal during puberty.</li> <li>- Adolescents should know where to acquire accurate information about puberty.</li> <li>- Personal body care is a responsibility throughout the stages of life.</li> <li>- Good hygiene practices are important for promoting health and maintaining social relationships.</li> <li>- Media can influence adolescent behavior.</li> </ul>
<b>Environmental Health</b>	<b>A4</b>	
<b>Substance Use and Abuse Prevention</b>	<b>A6</b> <b>E1d</b>	
<b>Daily Nutrition Tips</b>	<b>A1</b>	
<b>Daily Motor Break</b>	<b>C1b</b> <b>D1a</b>	<ul style="list-style-type: none"> <li>- Daily physical activity maintains and improves body system functioning.</li> <li>- Physical activity opportunities are provided in school and by the community.</li> </ul>