

5th grade Health- Scope and Sequence

Mrs. Lyons & Ms. Fitzgerald

| Term | Skill/Standard | Content | Approx. # of classes |
|------|---|---|----------------------|
| 1 | Self-Management- Standard 7: Students will demonstrate a variety of behaviors that avoid or reduce health risks. <ul style="list-style-type: none"> • Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health (7.5.2) • Demonstrate a variety of behaviors to avoid or reduce health risks (7.5.3) | Mental/Emotional Health <ul style="list-style-type: none"> • Recognize and identify emotions • Identifying positive Coping Skills and Happiness Habits that help manage emotions. • Identify 2-3 Trusted Adults | 10 |
| 2 | Decision Making- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. <ul style="list-style-type: none"> • Choose a healthy option when making a decision (5.5.5) • Describe the outcomes of a health-related decision (5.5.6) | Balanced Eating (Emphasis on snacking) <ul style="list-style-type: none"> • Identify two reasons healthy snacks are important • Identify circumstances that help or hinder healthy snacking decisions. | 10 |
| 3 | Accessing Valid Information- Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health. <ul style="list-style-type: none"> • Identifies characteristics of valid health information (3.5.1) • Locates resources that provide valid health information (3.5.2) | Health Triangle <ul style="list-style-type: none"> • List the three sides of the triangle and an example for each. • Recognize their strengths and challenges | 10 |
| 4 | Advocacy- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health. <ul style="list-style-type: none"> • Express opinions and give accurate information about health issues (8.5.1) • Encourage others to make positive health choices (8.5.2) | Student Choice on Topic to Advocate for: <ul style="list-style-type: none"> • Environment • Community • Public Health | 10 |