

# THE GREAT BODY SHOP

## GRADE 5 TOPIC SCOPE AND SEQUENCE

### Injury Prevention and Personal Safety

- Defining First Aid
- Helping others
- Rules for emergencies
- Decision-making steps
- First Aid skills
- Major vs. minor emergencies
- Avoiding risk
- Personal safety
- Sexual harassment
- Assertiveness
- Refusal skills
- Locating resources for help

### Nutrition

- Nutrition in the community
- Good food handling practices
- Responsible approach to food choices
- Individual, family and personal values
- Predicting results of good nutrition
- Life cycle and changes in nutritional needs
- Preventing illness and disease
- Understanding health policies
- Eating disorders
- Setting dietary guidelines and goals
- Influences on food choices
- Shopping and budgeting

### Functions of the Body

- Brain structure and functions
- Reflex vs. conscious actions
- Respiratory system
- Breathing problems and response to emergencies
- Endocrine, nervous, circulatory, muscular/skeletal, and reproductive systems
- Respect for self and others
- Types of intelligences
- Responsible self care

### Growth & Development/ The Cycle of Family Life

- Hygiene routines for puberty
- Growing up
- Endocrine system/role of hormones
- Scientific careers
- Hormone disorders
- Biological differences between boys and girls
- Responsibilities of maturing adolescent
- Decision-making in at-risk situations
- Social skills
- Genetic factors (heredity)
- Sexual harassment

### Disease and Illness Prevention (Including HIV)

- Circulatory system
- Consequences of smoking
- Hygiene routines for illness prevention
- Relationship between disease and health choices
- Blood and the immune system
- Immunization
- Effects of HIV on the immune system
- Setting goals
- Refusal skills
- Care of chronically ill
- Respiratory disease
- Empathy

### Substance Abuse Prevention

- Use, misuse and abuse of drugs
- Short and long terms effects of drugs
- Why drugs won't solve problems
- Practicing positive values (self-respect, responsibility, honesty) vs. yielding to drugs
- Media influences
- Positive social behaviors
- Children of alcoholics
- Developmental assets



### Community Health & Safety (With Violence Prevention)

- Public health/safety groups
- Community safety and illness prevention
- First Aid in the community
- Group behaviors that pose safety hazards
- Demonstrating responsibility to others
- Routines for keeping safe
- Community impact of communicable respiratory disease
- Conflict resolution
- Harassment and bully prevention
- Gangs

### Self Worth, Mental and Emotional Health

- Structure and function of the brain
- Human emotions
- Emotional maturity and respect
- Positive and negative influences
- Puberty and self esteem
- Social, emotional learning skills
- Grief and loss
- Service to others
- Communication and conflict resolution
- Practicing health routines
- Protective factors and support systems
- Positive character development

### Environmental and Consumer Health

- Influences on health
- Physical activity and environmental conditions
- Consumer skills and influences, advertising, product labels
- Managing money
- Consumer responsibilities and advocacy
- Unit price shopping
- Social responsibility
- Consumer products evaluation
- Advocating for positive health and consumer behaviors
- Accessing health services and products

### Physical Fitness

- Muscular/skeletal system
- Benefits of exercise
- Identifying healthful environmental conditions for exercise
- Safety routines
- Fitness goals
- Good sportsmanship
- Fitness habits
- Sports and dance from other cultures
- Components of physical fitness
- Types of physical activities
- Fitness pyramid