

ASD Academic Plan

Health: 5th Grade

Grade Level: 5th Grade	<p>Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate knowledge and skills necessary to maintain and improve over-all health and well-being.</p> <p>Overall Goals:</p> <ul style="list-style-type: none"> • To facilitate understanding of fundamental health concepts and disease prevention • To build respect for and promote the health and well-being of one’s self and others through appreciation of positive personal and community health values and good communication skills • To promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills • To provide for the informed use of health related information, products, and services • To build resiliency into the process of growth and development
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p>Getting Started</p> <p>Class Rules and Responsibilities Health and SEL Getting to Know You Working Together</p> <p style="text-align: center;">First Aid Facts</p> <p>First aid-What, Who, When First Aid The You Can Do Your Community And How To Call For Help Taking Precautions Conflict resolution rules and steps</p> <p style="text-align: center;">Personal Safety</p> <p>Send The Message: My Body Is Private Sexual Harassment Refusal Skills Getting Help</p>	<p>Brainstorms</p> <p>The Amazing Brain Sending Signals Drugs and The Damage They Do Injuries and Disorders</p> <p style="text-align: center;">You Are What You Eat</p> <p>Beyond the Basics Life Style and Nutrition What Can Go Wrong Making a Difference</p> <p style="text-align: center;">Love Your Lungs</p> <p>The Respiratory System Community Health and Diseases of the Respiratory System Smoking and Your Lungs Pollution in the Community</p>	<p>Growing Up</p> <p>Hormones and Your Body Growing Up Male and Female Good Hygiene and Feeling Good About Growing Up With A Healthy Attitude</p> <p style="text-align: center;">About Blood and HIV</p> <p>Your Circulatory System Your Blood And Your Immune System HIV, Enemy of the Immune System Helping Hands</p>	<p>The Truth About Drugs</p> <p>The Effects Of Use, Misuse And Abuse Of Drugs Drug Abuse And The Family Drugs And Advertising Choose To Be Drug Free</p> <p style="text-align: center;">Bones and Muscles</p> <p>Bones Muscles Physical Activity And Environment What Makes A Body Great</p>