## ASD Academic Plan
### Health: 5th Grade

**Grade Level:** 5th Grade  
**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.

**Overall Goals:**
- 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

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