



Diocese of Greensburg Curriculum
Health Grade 5

Unit	Standards	Content	Skills
<p>Understanding How You Feel and Act</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Explain the media’s effect on health and safety issues.</p> <p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Describe strategies to avoid or manage conflict and violence.</p> <ul style="list-style-type: none"> • anger management • peer mediation 	<ul style="list-style-type: none"> • Mental Health • Physical Health • Emotional Health • Social Health • Anger management • Suicide • Coping • Decision making • Stress- Start first 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • List the ways to maintain a healthy body focusing on physical health • Recognize the different types of feelings and how to deal with them • Understand what is appropriate in different social situations • Name the different types of stress and the ways to cope with it • Understand the ways to deal with frustration and anger • How to manage the mental aspects of life’s demands • Explain the difference between good stress and bad stress • Understand how to build and maintain healthy relationships • Understand how to avoid destructive situations • Identify where to find and who to talk to for help

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	<ul style="list-style-type: none"> • reflective listening • negotiation <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Safe Environment</p>	<p>PA: Health, Safety & Physical Education (2002)</p> <p>PA: Grade 3</p> <hr/> <p>10.3 Safety & Injury Prevention</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Recognize emergency situations and explain appropriate responses. • importance of remaining calm • how to call for help • simple assistance procedures • how to protect self</p> <p>C. Recognize conflict situations and identify strategies to avoid or resolve. • walk away • I-statements • refusal skills • adult intervention</p> <p>PA: Grade 6</p> <hr/> <p>10.3 Safety & Injury Prevention</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain and apply safe practices in the home, school and community. • emergencies (e.g., fire, natural disasters) • personal safety (e.g., home alone, latch key, harassment)</p>	<ul style="list-style-type: none"> • Anger • Harassment • Bullying • Types of abuse <ul style="list-style-type: none"> ○ physical ○ verbal ○ sexual ○ neglect 	<ul style="list-style-type: none"> • Describe behaviors that are recognized as harassment & bullying • Recognize similarities between different types of abusive behavior • Recognize the differences between child abuse and discipline or accidental harm • Respect their own and everyone's right to be safe • Identify POSITIVE ways to express anger

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	<ul style="list-style-type: none"> • communication (e.g., telephone, Internet) • violence prevention (e.g., gangs, weapons) <p>C. Describe strategies to avoid or manage conflict and violence. • anger management • peer mediation • reflective listening • negotiation</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Red Ribbon Week</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Explain factors that influence childhood and adolescent drug use. • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Red Ribbon Week • Drug and Alcohol Awareness 	<p>The student will be able to:</p> <ul style="list-style-type: none"> • State the reason we celebrate Red Ribbon Week. • List and explain reason why we need to avoid drugs and alcohol.
<p>Drugs and Alcohol</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Know age appropriate drug information. • definition of drugs • effects of drugs • proper use of medicine</p>	<ul style="list-style-type: none"> • Side effects • Long term • Short term • Drugs • Alcohol • Marijuana • Opioids • Depressant • Stimulants • Hallucinogens • Addiction • Illegal 	<p>The student will be able to:</p> <ul style="list-style-type: none"> • Identify long term effects of drug and alcohol use on the body • Identify short term effects of drug and alcohol use on the body • Understand how people become addicted to drugs and alcohol • Understand the consequences of drug and alcohol abuse.

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	<ul style="list-style-type: none"> • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Identify the steps in a decision-making process.</p> <p>PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Explain factors that influence childhood and adolescent drug use.</p> <ul style="list-style-type: none"> • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Intravenously 	<ul style="list-style-type: none"> • Define the different classes of drugs • Identify different types of drugs • Identify different ways drugs are consumed
<p>Nutrition Building Strong Muscles and Bones</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health</p>	<ul style="list-style-type: none"> • Nutrient • Enzymes • Proteins 	<p>Students will be able to:</p>

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	<p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients <p>PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> • caloric content of foods • relationship of food intake and physical activity (energy output) • nutrient requirements • label reading • healthful food selection <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Explain the relationship between health-related information and consumer choices.</p> <ul style="list-style-type: none"> • dietary guidelines/food selection • sun exposure guidelines/ sunscreen selection <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Carbohydrates • Fats • Vitamins • Minerals • MyPlate • Portion Control • Eating disorders • Calories • Energy Balance • Food Allergy • Ingredients • Food Poisoning • Food labels • Digestive system 	<ul style="list-style-type: none"> • Identify and describe the six basic nutrients • Explain how to use My Plate and how it helps to plan a balanced diet • Understand recommended amounts for a balanced diet • Identify the food groups on My Plate • Understand the importance of portion control when choosing foods • Describe the importance between calories and energy balance • Understand self-control • Explain how family, friends, culture, seasons, emotions, knowledge, and health affect food choices • Describe how to store and prepare food safely • Explain how germs get into food and what it does to it • Identify and explain eating disorders • Understand the different food allergies • Understand how the digestive system works with nutrition

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<p>Body Systems that Control and Communicate</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>E. Identify types and causes of common health problems of children.</p> <ul style="list-style-type: none"> • infectious diseases (e.g., colds, flu, chickenpox) • noninfectious diseases (e.g., asthma, hay fever, allergies, lyme disease) • germs • pathogens • heredity <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify personal hygiene practices that promote health and prevent the spread of disease.</p> <hr/> <p>PA: Grade 6</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>E. Identify health problems that can occur throughout life and describe ways to prevent them.</p> <ul style="list-style-type: none"> • diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease) • preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active) <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her</p>	<ul style="list-style-type: none"> • Cells • Tissues • Organs • Organ System • Organism • Eyes • Ears • Nose • Skin • Mouth • Parts of the brain • Sensory nerves • Motor nerves 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Name and describe the levels of organization • Understand the difference between sensory and motor nerves • Describe the path light travel through eyes • Describe the path sound travels through the ears • Understand the sense of smell • Understand the sense of touch • Name and describe the various parts of the brain and nervous system • Describe how to protect the sense organs from damage

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	<p>maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Explain the relationship between personal health practices and individual well-being.</p> <ul style="list-style-type: none"> • immunizations • health examinations <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		

