Health

Grade 5

ABSTRACT

Students in grade five focus on physical, emotional, and developmental changes that occur as they mature. The influences of diet and exercise, peer pressure, character development, and ethics are addressed. Specially trained officers of the Somerville Police Department provide age-appropriate instruction through the Drug and Alcohol Resistance Education (D.A.R.E.) program. The D.A.R.E. program addresses strategies to recognize and resist negative pressures that may influence students to experiment with alcohol, tobacco, marijuana, or other drugs. Information is provided about community agencies that assist individuals in creating, executing, and maintaining wellness plans.
# Learning Standards

## Standards/NJ Student Curriculum Content

### 2014 New Jersey Core Standards

#### Essential Question:

- **Month/Marking Period:**
  - **Marking Period 1:** In what ways do we change as we grow?
  - **Marking Period 2:** How does a personal value system affect health and well-being?
  - **Marking Period 3:** What strategies help to reduce the risk of substance abuse?
  - **Marking Period 4:** What information helps us to develop successfully?

#### Content:

- **Physical and Mental Health Interpersonal Relationships**
- **Values and Character**
- **Substance Abuse**
- **Health Services Adolescent Growth and Development**

#### Skills and Topics:

- **Physical and Mental Health Interpersonal Relationships**
  - review ways in which personal health data can aid in the maintenance of good health
  - determine the effects of heredity, habits, and environment on growth and development through life stages
  - assess the risks and benefits of personal food choices
  - apply personal health data to support the achievement of a diet and exercise goal
  - summarize how mental health affects physical health
  - evaluate methods for maintaining good mental health (e.g., building good interpersonal relationships, knowing signs and symptoms of problems, accessing professional assistance)

- **Values and Character**
  - determine the personal traits and assets that support good physical and mental health
  - assess the personal values and ethics that eliminate sources of conflict, such as harassment, gang violence, discrimination, and bullying
  - collaborate with peers to develop plans to promote a safe and healthy school environment
  - research ways in which people cope with change, crisis, rejection, loss, and separation in the global community
  - dramatize skills that illustrate good values and character (e.g., verbal and nonverbal communicative skills, negotiation skills, assertiveness skills) in challenging situations

- **Substance Abuse**
  - examine over-the-counter and prescription medicines to determine use and potential for abuse
  - determine how drugs are classified and how that information may prevent abuse
  - identify the signs and symptoms of drug abuse and substance dependency
  - assess the health risks and legal issues caused by drug use and substance dependency
  - create a strategy to eliminate the personal risk of substance abuse
  - research organizations and health-related agencies that serve as resources for the treatment of substance abuse and other health-related issues
  - explain the steps necessary to report suspected abuse and to seek help

- **Health Services Adolescent Growth and Development**
  - examine the types of relationships that adolescents may experience
  - conduct research of dating and dating behaviors among adolescents in the global community using digital tools
  - compare and contrast the physical, social, and emotional changes in males versus females during puberty
  - evaluate strategies that support abstinence from sexual activity
  - track the sequence of fetal development during pregnancy
  - identify the signs, symptoms, and methods of diagnosing pregnancy
  - research prenatal care that supports a healthy pregnancy
  - collaborate to summarize the challenges faced by adolescent parents in a multimedia presentation

#### Integration of Technology:

- Internet, videos, DVDs, videos, LCD projector, video streaming, podcasting

#### Writing:

- Open-ended responses, conclusions and analysis of exploratory activities, journal entries
# SOMERVILLE PUBLIC SCHOOLS

## Health – Grade 5

<table>
<thead>
<tr>
<th>Month/Marking Period</th>
<th>Marking Period 1</th>
<th>Marking Period 2</th>
<th>Marking Period 3</th>
<th>Marking Period 4</th>
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<tbody>
<tr>
<td>Formative Assessments:</td>
<td>Class discussions, paired and group activities, journal entries</td>
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<td>Summative Assessments:</td>
<td>Quizzes, tests</td>
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<tr>
<td>Performance Assessments:</td>
<td>Projects, role plays, presentations</td>
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### 21st Century Themes:
- [ ] Global Awareness
- [x] Civic Literacy
- [ ] Financial, Economic, Business, and Entrepreneurial Literacy
- [x] Health Literacy

### 21st Century Skills:
- [x] Creativity and Innovation
- [x] Media Literacy
- [x] Critical Thinking and Problem Solving
- [x] Life and Career Skills
- [ ] Information and Communication Technologies Literacy
- [ ] Communication and Collaboration
- [ ] Information Literacy

### Resources:
- Textbook, periodicals, health websites, public health resources, teacher-created resources

### Careers:
Applicable career options are discussed as they arise throughout the health program. Career options include, but are not limited to, the following career clusters: Agriculture, Food, and Natural Resources Career Cluster; Communications Career Cluster; Business, Management, and Administration Career Cluster; Education and Training Career Cluster; Finance Career Cluster; Government and Public Administration Career Cluster; Health Science Career Cluster; Human Services Career Cluster; Law, Public Safety, Correction, and Security Career Cluster.

*2016 NJSLS
RL: Reading Literature N: Real Number System
RI: Reading Informational Text A: Algebra
W: Writing F: Functions
SL: Speaking and Listening G: Geometry
L: Language S: Statistics and Probability