

Big Understandings of the Content Area					
<ul style="list-style-type: none"> A comprehensive understanding of health concepts is essential to a healthy lifestyle. 					
<p>Content Standards Students will understand:</p> <p>A. HEALTH CONCEPTS: Students will understand health promotion and disease prevention concepts.</p>	<p>B. HEALTH INFORMATION, SERVICES, AND PRODUCTS: Students will know how to acquire valid information about health issues, services, and products.</p>	<p>C. HEALTH PROMOTION AND RISK REDUCTION: Students will understand how to reduce their health risks through the practice of healthy behaviors.</p>	<p>D. INFLUENCES ON HEALTH: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.</p>	<p>E. COMMUNICATION SKILLS: Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.</p>	<p>F. DECISION-MAKING AND GOAL SETTING: Students will learn how to set personal goals and make decisions that lead to better health</p>
<p>Performance Indicators Middle school students will be able to:</p> <ul style="list-style-type: none"> Analyze the effects that risky behaviors have on personal health (e.g., tobacco, drugs, poor nutrition, sexual activity, sedentary life-style, and behaviors resulting in injury). Evaluate how health is influenced by the interaction of body systems (e.g., physical fitness and the respiratory and circulatory systems). Explain how appropriate health care can prevent premature death and disability. <p>Middle school and fifth grade student will be able to:</p> <ul style="list-style-type: none"> Identify the characteristics and stages of human growth and development. Demonstrate thorough understanding of key health concepts. <p>A fifth grade student will be able to:</p> <ul style="list-style-type: none"> Explain the relationship 	<p>Performance Indicators Middle school students will be able to:</p> <ul style="list-style-type: none"> Analyze the validity of health information, products, and services and describe situations requiring their use. <p>A fifth grade student will be able to:</p> <ul style="list-style-type: none"> Identify resources from home, school, and community that provide valid health information and services. 	<p>Performance Indicators Middle school student will be able to:</p> <ul style="list-style-type: none"> Analyze a personal health assessment to determine health strengths and risks. Develop strategies to improve or maintain personal and family health. Develop injury prevention and response strategies for personal safety, including first aid. <p>A fifth grade student will be able to:</p> <ul style="list-style-type: none"> Explain the importance of assuming responsibility for personal health. Demonstrate ways to avoid or change situations that threaten personal safety. Distinguish between healthy and unhealthy stress management techniques. 	<p>Performance Indicators Middle school students will be able to:</p> <ul style="list-style-type: none"> Analyze how messages from media influence both health behaviors and the selection of health information, products, and services (e.g., eating disorders, teen magazines, acne products, dental care). Describe how school, family, and peers influence the health of adolescents. <p>A fifth grade student will be able to:</p> <ul style="list-style-type: none"> Investigate the influence of cultural beliefs on health behaviors and the use of health services. Analyze the effect of technology on personal and family health. 	<p>Performance Indicators Middle school students will be able to:</p> <ul style="list-style-type: none"> Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships (e.g., positive peer pressure). Demonstrate refusal and negotiation skills which can enhance health by enabling them to deal with negative peer pressure. <p>A fifth grade student will be able to :</p> <ul style="list-style-type: none"> Demonstrate conflict resolution strategies. Analyze various communication methods which can be used to give information, ideas, and opinions about health issues. 	<p>Performance Indicators Middle school students will be able to:</p> <ul style="list-style-type: none"> Demonstrate individual and collaborative decision-making processes to resolve health problems. Analyze how health-related decisions are influenced by individuals, families, and community values. Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities. Develop a plan to attain personal health goals by employing personal strengths and addressing needs and health risks. <p>A fifth grade student will be able to:</p> <ul style="list-style-type: none"> Explain how decisions regarding health behaviors have consequences for them and other.

<ul style="list-style-type: none"> ♦ between healthy behaviors and prevention of injury, illness, and disease. ♦ Analyze how the environment relates to personal health. 					
<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>	<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>	<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>	<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>	<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>	<p><u>Knowledge/Skills</u></p> <p>Please see attached document</p>
<p><u>Assessment – Grade 5</u></p> <ul style="list-style-type: none"> ♦ Getting a Handle on Stress (MAP) ♦ How Can I Resolve This Conflict? (MAP) 		<p><u>Assessment – Grade 5</u></p> <p>Getting a Handle on Stress (MAP)</p>	<p><u>Assessment – Grade 5</u></p> <ul style="list-style-type: none"> • How Can I Resolve This Conflict? (MAP) 		
<p><u>Resources</u></p> <p>Please see attached document</p>	<p><u>Resources</u></p> <p>Please see attached document</p>	<p><u>Resources</u></p> <p>Please see attached document</p>	<p><u>Resources</u></p> <p>Please see attached document</p>	<p><u>Resources</u></p> <p>Please see attached document</p>	<p><u>Resources</u></p> <p>Please see attached document</p>
<p><u>Instructional Strategies</u></p> <ul style="list-style-type: none"> ♦ Discusseion ♦ Read Aloud ♦ Selected Reading Passages ♦ Worksheets ♦ Projects ♦ Role Plays ♦ Field Trips ♦ Guest Speakers ♦ Demonstrations ♦ Hands-One Activities ♦ Film/Video ♦ Partner/Group Work ♦ Independent Work ♦ Student Presentations 					