

Helena Public Schools
Grade 5
Classroom Teacher
Health and Wellness

Health Maintenance & Enhancement

- Create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no alcohol, healthy snacking
- Identify 5 lifestyle activities that qualify as daily activity
- Understand that healthy children come in many shapes & sizes
- Establish short & long term goals for a specific health issue
- Identify a trusted adult to notify of hunger in the home
- Compare and contrast packaged vs. whole foods
- Explore the Food Guide Pyramid emphasizing variety, balance & health moderation
- Compare & contrast the effects of nutrient-dense & empty-calorie foods on the body
- Understand the negative effects of sweetened beverages in the diet
- Describe the components of a healthy snack
- Understand the importance of breakfast
- Understand the concept of portion size
- Analyze a food label
- Understand the role food (nutrients) play in relationship to current growth & development and the role food plays in providing energy to the body
- Identify proper portion size when choosing foods
- Use a food pyramid to construct a balanced menu
- Describe & assess the relationship of family preferences & culture to food choices
- Continue to encourage identifying hunger cues & fullness cues in determining how much to eat
- Incorporate the idea of food in moderation & mindful eating exercises
- Compare & contrast community helpers & agencies who can provide assistance for specific health issues or problems (e.g., firemen, policemen, paramedics, American Heart Association)
- Shows self-control
- Analyze the importance of safety rules & procedures on a positive school climate
- Demonstrates self-directed behavior without external rewards
- Explore how people are sometimes discriminated against because of race, culture, ethnicity or biological factors

Functions & Interrelationships of Systems

- Name the major parts, functions & disorders of the sensory organs (i.e. nearsightedness, farsightedness, hearing loss)
- Summarize the functions of the nervous system (i.e. sending & receiving messages, regulating body functions) serving as the body's control center for five senses (emotions, speech, coordination, balance & hearing)
- Describe the functions of the muscular system & provide examples (i.e. muscles pull on bones to move the joint, move food through the body)
- Explain how the skeletal system supports & protects other body systems (i.e. circulatory, muscular, nervous)
- Explain ways in which the integumentary system works with the sensory organs
- Identify the types of blood vessels (e.g., arteries, veins, capillaries)
- Identify the chambers of the heart (i.e., atrium, ventricle)
- Identify types of blood cells (i.e., red, white, platelets)
- Explain ways in which the cardio-respiratory system interacts with other systems
- Explain ways in which the digestive & other body systems work together
- Describe the anatomy of the urinary/excretory system
- Establish that parents & other adults teach values to children through explanation & example
- Appreciate that while some values are universal, others differ among individuals, families, communities, religions & culture
- Recognize situations where the perspective of others may differ from your own
- Identify the cause & effect of one's actions on others
- Identify a variety of feelings & situations that may require adult assistance
- Respect the rights & feelings of others
- Accept & expresses feelings in a socially acceptable manner
- Understand friends often try to influence each other's decisions
- Understand asking questions to a parent, trusted adult, teacher or counselor is usually a wise decision
- Understand individuals are responsible for the consequences of their decisions

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Risk Assessment & Reduction

- Describe the effects of positive lifestyle behaviors on the occurrence of disease (e.g., sunscreen, physical activity, diet, sleep, stress management)
- Set personal goals that reinforce healthy self-care behaviors (e.g., hand washing, water drinking, sleep, eating healthy foods)
- Know about local water treatment & sewage treatment plants
- Learn about technology for water purification & waste disposal
- Develop ways to promote recycling, reducing waste, & reusing items to prevent pollution that damages the environment, disrupts ecosystems, & affects one's personal health