

5th Grade Health

* Safety

- > *The student will discuss rules/procedures and develop safety skills for:*
 - + pedestrian, bus, fire, school, and emergencies.

* Personal Health & Safety

- > *The student will comprehend concepts related to health promotion and disease prevention by:*
 - + describing the interrelationship of physical, intellectual, emotional, and social health during adolescence.
 - + analyzing how heredity, environment, and personal health are related.
 - + explaining the relationship between positive health behaviors and the prevention on injury, illness, disease, and premature death.
- > *The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks by:*
 - + describing responsible health behaviors.
 - + demonstrating ways to avoid and reduce threatening situations.
- > *The student will demonstrate the ability to use goal setting and decision-making to enhance health by:*
 - + describing strategies and skills needed to attain personal health goals.

* Health Services

- > *The student will demonstrate the ability to access valid health information and health-promoting products and services by:*
 - + describing characteristics of valid health information and health-promoting products and services.
 - + demonstrating the ability to locate health products and services.

* Cultural Influences on Health

- > *The student will analyze the influence of culture, media, technology, and other factors on health by:*
 - + describing how messages from media influence health behaviors.
- > *The student will demonstrate the ability to use interpersonal communication skills to enhance health by:*
 - + demonstrating healthy ways to express needs, wants and feelings.
 - + describing communications skills to build and maintain healthy relationships.
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 - + demonstrating healthy ways to express needs, wants and feelings.
 - + describing communications skills to build and maintain healthy relationships.
- > *The student will demonstrate the ability to advocate for personal, family, and community health by:*
 - + identifying barriers to effective communication about health issues.
 - + demonstrating the ability to work cooperatively when advocating for healthy individuals and families.