# Curriculum Development Course at a Glance Planning For 5<sup>th</sup> Grade Comprehensive Health

Content Area	Comprehensive Health	Grade Level	5 <sup>th</sup> Grade
Course Name/Course Code			
Standard	Grade Level Expectations (GLE)		GLE Code
2. Physical and Personal	1. Demonstrate the ability to engage in healthy eat	ing behaviors	CH09-GR.5-S.2-GLE.1
Wellness	2. Explain the structure, function, and major parts of	CH09-GR.5-S.2-GLE.2	
	3. Describe the physical, social, and emotional char	nges occurring at puberty	CH09-GR.5-S.2-GLE.3
	4. Demonstrate interpersonal communication skills maintain personal health and wellness	needed to discuss personal health probler	ms to establish and CH09-GR.5-S.2-GLE.4
	5. Comprehend concepts, and identify strategies to	prevent the transmission of disease	CH09-GR.5-S.2-GLE.5
<ol> <li>Emotional and Social Wellness</li> </ol>	1. Analyze internal and external factors that influer	ice mental and emotional health	CH09-GR.5-S.3-GLE.1
<ol> <li>Prevention and Risk Management</li> </ol>	,		
	2. Demonstrate pro-social behaviors that reduce the	e likelihood of physical fighting, violence, a	and bullying CH09-GR.5-S.4-GLE.2
	3. Demonstrate basic first aid and safety procedure	S	CH09-GR.5-S.4-GLE.3
Self Orection 55 Invention	<ul> <li>Critical Thinking and Reasoning: Thinking Deeply, Thinking Differently</li> <li>Information Literacy: Untangling the Web</li> <li>Collaboration: Working Together, Learning Together</li> <li>Self-Direction: Own Your Learning</li> <li>Invention: Creating Solutions</li> </ul>	The Colorado Academic Standards for He what learners should know and be able t develop proficiency in health. The utiliza knowledge and skills to enhance physica mental, emotional and social well-being supported in each unit through the stand areas of Physical and Personal Wellness, Emotional and Social Wellness and Prevention and Risk Management.	to do as they tion of I, will be dard
Unit Titles		Length of Unit/Contact Ho	ours Unit Number/Sequence
My Emotions are My Own		Teacher's Discretion	1
Choose To Be Healthy		Teacher's Discretion	2
Tobacco, Alcohol and Prescr	iption Drug Use	Teacher's Discretion	3
Safety		Teacher's Discretion	4
Bullies are Not Ok		Teacher's Discretion	5
Human Reproduction		Teacher's Discretion	6

 Authors of the Sample: Lindsey Casey (Gunnison Watershed RE1J); Melisa Cellan (Pueblo City 60); Janelle Guadagno (Pueblo City 60); Jamie Hurley (RMC Health); Megan Wells (Gunnison Watershed RE1J)

 5<sup>th</sup> Grade, Comprehensive Health
 Complete Sample Curriculum – Posted: January 31, 2013

Unit Title	I Choose To Be Healthy		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Decision making Standards and Grade Level Expectations Addressed in this Unit		CH09-GR.5-S.2-GLE.1, CH09-GR.5-S.2-GLE.4, CH09-GR.5-S.2-GLE.5	
Inquiry Questions (Engaging- Debatable):	<ul> <li>How does the media influence Americans' decision making about food choices? .(CH09-GR.5-S.2–GLE.1–EO.a, b, c)</li> <li>What would happen if the school only served hotdogs and desserts to students? (CH09-GR.5-S.2–GLE.1-EO. a,e)</li> <li>Who are the trusted adults you rely on to discuss health concerns? (CH09-GR.5-S.2-GLE.5)</li> </ul>			
Unit Strands	Physical and Personal Wellness and Health			
Concepts	Choices, Decision making, Variety, Alternatives, Systems, Goals, Systems, Resources, Health, Support			

Generalizations My students will <b>Understand</b> that	Guiding	Questions Conceptual	
Decisions to choose healthy foods leads to the enhancement of the body's systems and growth.(CH09- GR.5-S.2-GLE.1-EO.a,b,c,e;RA.1;N.1)	What makes a food healthy?	What are some of the most nutritional foods you eat? (CH09-GR.5-S.2-GLE.1-EO.c,e ;IQ.2)	
Various support systems (families, physicians, health teachers, etc) and resources can provide options for healthy eating. (CH09-GR.5-S.2-GLE.4- EO.a,b;IQ.2;RA.1;N.1,2)and(CH09-GR.5-S.2-GLE.1-EO.a)	What support systems and resources may be available for gaining knowledge of healthy eating behaviors?	How do eating habits change based on your social situation?	
Healthy food guidelines can facilitate decisions for setting goals, making appropriate choices and improving overall nutrition. (CH09-GR.5-S.2-GLE.1-EO.b,c,d,e;RA.1;N.1)	What are the federal nutrition standards and guidelines, and where can they be found?	Why do people tend to eat too much sugar, fat and salt?	
Positive decision making when choosing food alternatives helps a person maintain a balanced diet and healthy weight. (CH09-GR.5-S.2-GLE.1-EO.b,c,e;RA.1;N.1)	What elements should be considered when setting goals for maintaining a healthy weight	What type of healthy foods are options when eating at a fast food establishments?	
Parents and health care providers are resources for information about communicable and non- communicable diseases and other health problems. (CH09-GR.5-S.2-GLE.4-EO.a,b)and (CH09-GR.5-S.2-GLE.5- EO.a)	What is the differentiation between diseases such as asthma, AIDS and epilepsy and other health problems?	Who do you rely on if you need to discuss health concerns?	

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Critical Content:	Key Skills:	
My students will Know	My students will be able to <b>(DO)</b>	
<ul> <li>appropriate eating behaviors (CH09-GR.5-S.2-GLE.1-EO.a;IQ.1;RA.1,2;N.1) Ex. Drink eight 8oz glasses of water and at least five servings of fruits and vegetables daily.</li> <li>healthy and unhealthy food choices (CH09-GR.5-S.2-GLE.1-EO.b,c,e,f;IQ.2,3,4;RA.2,3)</li> <li>federal nutrition standards and guidelines (CH09-GR.5-S.2-GLE.1-EO.d;IQ.4)</li> <li>signs and symptoms of disordered eating and eating disorders (CH09-GR.5-S.2-GLE.1-EO.g;N.1)</li> <li>valid Health resources for health concerns and problems(CH09-GR.5-S.2-GLE.4-EO.a;IQ.1,2;RA.2;N.2)</li> <li>reliable health and nutritional sources (CH09-GR.5-S.2-GLE.4-EO.b;RA.1,2;N.1,2)</li> <li>differentiation between communicable and non-communicable diseases (CH09-GR.5-S.2-GLE.5-EO.a)</li> </ul>	<ul> <li>identify eating behaviors that contribute to maintaining good health (CH09-GR.5-S.2-GLE.1-EO.a;IQ.1,2,4;RA.1,2;N.1)</li> <li>create a goal for improving food choices (CH09-GR.5-S.2-GLE.1-EO.b;RA.1;N.1)</li> <li>use current federal nutrition standards and guidelines to plan healthy meals and snacks (CH09-GR.5-S.2-GLE.1-EO.d ;IQ.4)</li> <li>identify and select healthy from unhealthy foods (CH09-GR.5-S.2-GLE.1-EO.b,c,e;IQ.2,3,4;RA.2,3;N.1)</li> <li>request foods that are more nutritious (CH09-GR.5-S.2-GLE.1-EO.b,c,d,e,f;RA.1,2;N.1)</li> <li>analyze the difference between disordered eating and eating disorders (CH09-GR.5-S.2-GLE.1-EO.b;c,d.e.f;RA.1,2;N.1)</li> <li>demonstrate appropriate ways to talk to someone such as a parent or health care provider about personal health problems, issues, and concerns (CH09-GR.5-S.2-GLE.4-EO.b;IQ.1,2;RA.1,2;N.1)</li> </ul>	

Critical Language: includes the Academic and Technical vocabulary, semantics, and discourse which are particular to and necessary for accessing a given discipline. EXAMPLE: A student in Language Arts can demonstrate the ability to apply and comprehend critical language through the following statement: *"Mark Twain exposes the hypocrisy of slavery through the use of satire."* 

A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):		I will be able to develop effective decision making skills to make healthy food choices that will support positive life eating behaviors.	
Academic Vocabulary:	Vocabulary: Commitment, Standards, Analyze, Goals, Choices, Variety, Alternatives, Systems, Decision-making, Health, Unhealthy, Support, Resources		
Technical Vocabulary:	Eating disorders, Nutritional Guidelines, Nutrition		

Unit Title	Human Reproduction		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Functions	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.5-S.2-GLE.2, C	H09-GR.5-S.2-GLE.3
Inquiry Questions (Engaging- Debatable):	<ul> <li>Why is it important to know the function of the reproductive system? (CH09-GR.5-S.2-GLE.2)</li> <li>What are hormones? (CH09-GR.5-S.2-GLE.2)</li> <li>Why does puberty begin and end at different ages for different people? (CH09-GR.5-S.2-GLE.3EO.a)</li> </ul>			
Unit Strands	Physical and Personal Wellness			
Concepts	Functions, Relationships, Influence, System, Cycles, Emotions, Behavior, Practices, Reproduction/Procreation			

Generalizations		Guiding Questions		
My students will Understand that		Factual	Conceptual	
Male and female reproductive systems accomplish different tasks in human procreation. (CH09-GR.5-S.2-GLE.2-EO.a)		How does the reproductive system relate to growth and development? (CH09-GR.5-S.2-GLE.2-EO.a;IQ.1)	How has your growth and development changed over the past year? (CH09-GR.5-S.2-GLE.2-EO.a;IQ.1)	
The possibility for conception depends on the maturity of the female reproductive system indicated by the onset of the menstrual cycle. (CH09-GR.5-S.2-GLE.2-EO.b)		What does conception mean?	Does physical maturity correlate with emotional maturity?	
Changes during puberty can often dramatically alter personal thoughts, emotions, growth patterns and behaviors. (CH09-GR.5-S.2-GLE.3-EO.d)		What are some changes that happen to your body during puberty?	Why are some aspects of puberty "embarrassing"? (CH09-GR.5-S.2-GLE.3-EO.d;IQ.1)	

Critical Content:	Key Skills:	
My students will Know	My students will be able to (Do)	
<ul> <li>The anatomy of the reproductive system (CH09-GR.5-S.2-GLE.2-EO.a)</li> <li>The development of a fetus during pregnancy (CH09-GR.5-S.2-GLE.2-EO.c)</li> <li>The variances and factors of puberty (CH09-GR.5-S.2-GLE.3-EO.a)</li> <li>The health care products affect personal hygiene (CH09-GR.5-S.2-GLE.3-EO.c)</li> </ul>	<ul> <li>Identify the structures in the reproductive systems for males and females. (CH09-GR.5-S.2-GLE.2-EO.a)</li> <li>Explain fertilization and development of the embryo and fetus. (CH09-GR.5-S.2-GLE.2-EO.c)</li> <li>Discuss aspects of puberty (CH09-GR.5-S.2-GLE.3-EO.a,b)</li> <li>Examine effective personal health care products (CH09-GR.5-S.2-GLE.3-EO.c)</li> </ul>	

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hypocrisy of slavery through the use of satire."

A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):		I will be able to identify various aspects of puberty and understand the structures and functions of the reproductive systems.	
Academic Vocabulary:	cademic Vocabulary: Functions, Relationships, Influence, System, Cycles, Emotions, Behavior, Practices		
Technical Vocabulary:	Reproduction, Puberty, Embryo	uberty, Embryo, Fetus, Menstrual cycle, Hygiene	

Unit Title	My Emotions and Feelings are My Own		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Influences	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.5-S.3-GLE.1	
Inquiry Questions (Engaging- Debatable):	<ul> <li>What are the influences that affect your emotions? (CH09-GR.5-S.3-GLE.1)</li> <li>How can stress be both positive and negative? (CH09-GR.5-S.3-GLE.1)</li> </ul>			
Unit Strands	Emotional and Social Wellness			
Concepts	Influences, Media, Emotions, Feelings, Society, Health, Control			

Generalizations	Guiding Questions			
My students will Understand that	Factual	Conceptual		
Media often portray appropriate and inappropriate forms of emotional response and expression. (CH09-GR.5-S.3- GLE.1-EO.a)	What are some examples of both appropriate and inappropriate media portrayals of feelings and emotions? (CH09-GR.5-S.3-GLE.1-EO.b;IQ.3)	How do the media affect your own emotions?		
Families and society can often influence individuals' understanding of and care for mental and emotional health. (CH09-GR.5-S.3-GLE.1-EO.c)	In what ways can others affect how you feel? (CH09- GR.5-S.3-GLE.1-EO.c;IQ.1)	How do you control your emotions? (CH09-GR.5-S.3- GLE.1-EO.c;IQ.2)		
Hobbies, social interactions, artistic endeavors, and other creative activities often provide healthy outlets for lessening or responding to stress. (CH09-GR.5-S.3-GLE.1- RA.2)	How can positive or negative stress affect your emotions?	How do you relieve stress?		

Critical Content:	Key Skills:	
My students will Know	My students will be able to (Do)	
• Influences of society, families and peers on emotions and feelings (CH09-GR.5-S.3-GLE.1-EO.a,c)	<ul> <li>Identify influences in a person's life. (CH09-GR.5-S.3-GLE.1-EO.a,c)</li> </ul>	

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ability to apply and comp	A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):		
Academic Vocabulary:	Academic Vocabulary: Influences, Emotions, Feelings, Society, Health, Control		
Technical Vocabulary:       Stress, Media			

Unit Title	Tobacco, Alcohol and Prescription Drug Use		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Prevention Standards and Grade Level Expectations Addressed in this Unit		CH09-GR.5-S.4-GLE.1	
Inquiry Questions (Engaging- Debatable):	<ul> <li>What are the best preventative measures a teenager can take when peers are pressuring he/she to smoke, drink or use other drugs? (CH09-GR.5-S.4-GLE.1-EO.c)</li> <li>If adults can legally drink alcohol, how can it be dangerous? (CH09-GR.5-S.4-GLE.1-IQ.6)</li> <li>How does advertising influence tobacco and alcohol use? (CH09-GR.5-S.4-GLE.1-IQ.1)</li> </ul>			1-IQ.6)
Unit Strands	Prevention and Risk Management			
Concepts	Danger, Effects, Exposure, Ability, Beliefs, Information, Sources, Use, Safeguards			

Generalizations My students will Understand that	Guiding Factual	Questions Conceptual
Exposure to second-hand smoke over long periods of time may have negative effects on the body. (CH09-GR.5-S.4- GLE.1-EO.b)	What are the effects on the body from tobacco use or exposure to second-hand smoke? (CH09-GR.5-S.4- GLE.1-EO.a,b)	What would you say to someone who was exposing you to second-hand smoke? (CH09-GR.5-S.4-GLE.1- EO.a;IQ.3)
Increasingly dramatic and vivid resources provide extensive information and visual representations of the dangers of tobacco use (CH09-GR.5-S.4-GLE.1-EO.a)	Where would a person obtain reliable information about the effects of tobacco use?	Who influences your decisions about tobacco use? (CH09-GR.5-S.4-GLE.1-EO.a,c;IQ.4)
Tobacco, alcohol or drug use may significantly impair an individual's ability to exercise or play sports (CH09-GR.5- S.4-GLE.1-EO.b,d;IQ.3,6)	Are tobacco, alcohol and drugs ever safe for the body?	What effects have tobacco, alcohol or drugs have on people in your life?
Safeguards created by the medical community provide detailed information regarding the appropriate use of over-the-counter and prescription drugs (CH09-GR.5-S.4- GLE.1-EO.a;N.1,2)	What are the most common over-the-counter drugs people may use?	How may prescription drugs be safer than over-the- counter drugs?

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
<ul> <li>Effects of tobacco use and second-hand smoke (CH09-GR.5-S.4-GLE.1-EO.b)</li> <li>Sources of accurate information about tobacco, alcohol and drug use (CH09-GR.5-S.4-GLE.1)</li> <li>Sources of accurate information about tobacco, alcohol and drug use (CH09-GR.5-S.4-GLE.1)</li> <li>Media influences (CH09-GR.5-S.4-GLE.1-IQ.1)</li> </ul>	<ul> <li>Examine the effect of tobacco, alcohol, over-the-counter and prescription drugs. (CH09-GR.5-S.4-GLE.1)</li> <li>Identify sources of accurate information about tobacco, alcohol and drug use (CH09-GR.5-S.4-GLE.1)</li> <li>Demonstrate Sources of accurate information about tobacco, alcohol and drug use (CH09-GR.5-S.4-GLE.1)</li> <li>Analyze media influence pertaining to tobacco and drug use. (CH09-GR.5-S.4-GLE.1-IQ.1)</li> </ul>

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	A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):			
Academic Vocabulary: Danger, Effects, Exposure, Identification, Ability, Beliefs, Information, Sources, Advertising				
Technical Vocabulary:       Prescriptions, Second-hand Smoke,				

Unit Title	Bullies are Not Ok		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Consequences	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.5-S.4-GLE.2	
Inquiry Questions (Engaging- Debatable):	<ul> <li>What are the consequences of bullying? (CH09-GR.5-S.4</li> <li>How do people become prejudiced? (CH09-GR.5-S.4-GLI</li> </ul>			
Unit Strands	Prevention and Risk Management			
Concepts	Behaviors, Prevention, Influence, Communication, Consequences, Factors, Differences, Violence, Community, Safety			

Generalizations My students will Understand that	Guiding Questions Factual Conceptual	
Short term and long term consequences from bullying result from the lack of respect for or intolerance of differences (CH09-GR.5-S.4-GLE.2-EO.b)	Why is it important to report incidences of bullying? (CH09-GR.5-S.4-GLE.2-EO.b;IQ.3)	How would you respond if you were being bullied?
Positive communication about violence prevention provides the foundation for establishing and maintaining a safe school and/or community. (CH09-GR.5-S.4-GLE.2- EO.d)	How does pro-social behavior improve communication and reduce bullying, fighting and other violence?	What experiences have you had when you did not feel safe?
Various personal and interpersonal factors influence an individual's choices around violent and non-violent behavior. (CH09-GR.5-S.4-GLE.2-EO.a)	What are some examples of violent or non-violent behavior? (CH09-GR.5-S.4-GLE.2-EO.a;IQ.1)	Why do people become violent? (CH09-GR.5-S.4-GLE.2- EO.a;IQ.1)

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
<ul> <li>Factors of violent and non-violent behaviors. (CH09-GR.5-S.4-GLE.2-EO.a)</li> <li>Short-term and long-term consequences of bullying Qualities of pro-social behavior (CH09-GR.5-S.4-GLE.2-EO.c)</li> <li>Violence prevention (CH09-GR.5-S.4-GLE.2-EO.d)</li> </ul>	<ul> <li>Describe the difference between violent and non-violent behavior. (CH09-GR.5-S.4-GLE.2-EO.a)</li> <li>Provide examples of bullying prevention (CH09-GR.5-S.4-GLE.2-EO.d)</li> <li>Identify the difference between bullying and aggression (CH09-GR.5-S.4-GLE.2-EO.a;IQ.2)</li> <li>Discuss the effects culture, media and society influence violent and non-violent behavior. (CH09-GR.5-S.4-GLE.2-EO.a;N.1)</li> </ul>

A student in can demonstrate the ability to apply and comprehend critical language through the following statement(s):I will be able to improve my communication skills and develop pro-social behavior by demonstrating positi alternatives to violent and non-violent actions such as bullying, teasing and aggression.		I will be able to improve my communication skills and develop pro-social behavior by demonstrating positive alternatives to violent and non-violent actions such as bullying, teasing and aggression.
Academic Vocabulary: Behaviors, Prevention, Influence, Communication, Consequences, Factors, Differences, Violence, Community, Safety		e, Communication, Consequences, Factors, Differences, Violence, Community, Safety
Technical Vocabulary:	Bullying, Pro-social, Prejudice	

Unit Title	Safety		Length of Unit	Teacher's Discretion
Focusing Lens(es)	Risk	Standards and Grade Level Expectations Addressed in this Unit	CH09-GR.5-S.4-GLE.3	
Inquiry Questions (Engaging- Debatable):	<ul> <li>What are the risks of injury from animal and insect bites</li> <li>Why is it important to know proper use of household pr</li> </ul>			
Unit Strands	Prevention and Risk Management			
Concepts	Risk, Prevention, Procedures, Decision-making, Resources, Emergencies, Skill, Risk			

Generalizations My students will Understand that	Guiding Questions		
	Factual	Conceptual	
Adherence to basic safety and first aid procedures significantly reduce injury risks (CH09-GR.5-S.4-GLE.3-EO.a)	What are some risks people take that may result in injury?	When have you taken a risk that resulted in an injury?	
Resources such as 911 or poison control may provide the most effective medical assistance in emergencies (CH09-GR.5-S.4-GLE.3-EO.c;RA.3)	What information would a person need to provide to 911 in order to provide assistance in an emergency?	Why do communities need 911 and poison control centers?	
Positive decision-making skills assist in the prevention of injuries. (CH09-GR.5-S.4-GLE.3-EO.d)	How do individuals learn lifelong skills to prevent injuries?	How would the decision to not swim alone, reduce the risk of injury?	
Basic first aid training provides lifelong skills that allow individuals to respond to and take action during emergency situations. (CH09-GR.5-S.4-GLE.3-EO.c;N.1)	What are examples of basic first aid procedures?	What type of first aid have you ever provided in an emergency situation?	

Critical Content:	Key Skills:
My students will Know	My students will be able to (Do)
<ul> <li>Resources such as 911 and poison control (CH09-GR.5-S.4-GLE.3-EO.c;RA.3)</li> <li>Decision-making skills (CH09-GR.5-S.4-GLE.3-EO.d)</li> <li>Basic first aid (CH09-GR.5-S.4-GLE.3-EO.c;RA.1)</li> <li>Risks of injuries (CH09-GR.5-S.4-GLE.3-EO.a)</li> </ul>	<ul> <li>Demonstrate how to communicate with 911 and poison control (CH09-GR.5-S.4-GLE.3-EO.c;RA.3)</li> <li>Identify positive decision-making skills</li> <li>Provide examples of basic first procedures (CH09-GR.5-S.4-GLE.3-EO.c;RA.1)</li> <li>Explain procedures to reduce the risk of injuries (CH09-GR.5-S.4-GLE.3-EO.a)</li> </ul>

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A student in ability to apply and comp through the following sta		I will have the skills to render first aid and contact 911 and poison control in emergency situations.
Academic Vocabulary:	lary: Risk, Prevention, Procedures, Decision-making, Resources, Emergencies, Skill	
Technical Vocabulary:	First-Aid, 911, Poison control,	