

ELKHART COMMUNITY SCHOOLS

**GRADE FIVE
HEALTH CURRICULUM GUIDE**

GRADE 5
HEALTH EDUCATION CURRICULUM GUIDE

See Teacher Resources before each chapter of Harcourt HEALTH and FITNESS for free materials and helpful websites

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.1.1 Explain the importance of assuming responsibility for personal health behaviors.	Explains why it is important to assume responsibility for behaviors that promote personal hygiene (e.g. bathing or showering).		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.2 Explain the relationship between personal health behaviors and the prevention of injury, illness, disease, and premature death.	Explains that alcohol use may lead to injuries, and alcohol abuse can lead to damage of body organs and systems and premature death.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.3 Describe the interrelationships of mental, emotional, social, and physical health.	Describes how learning new things helps people develop a positive self-concept.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control

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Indicator	Example	Instructional/Assessment Strategy	Resource
5.1.4 Describe the basic structure and functions of the human body systems.	Describes how schools help students develop mental, emotional, social, and physical health.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.5 Describe how one's surroundings influence mental, emotional, social, and physical health.	Describes how schools help students develop mental, emotional, social, and physical health.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.6 Describe ways to reduce risks related to common health problems among adolescents.	Describes ways to prevent injuries at home.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control

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Indicator	Example	Instructional/Assessment Strategy	Resource
5.1.7 Discuss health problems that should be detected and treated early.	Explains why illnesses such as strep throat should be detected and treated early.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.8 Describe how pathogens are related to the cause or prevention of disease.	Explains that infections diseases such as the common cold are spread by pathogens called viruses.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control
5.1.9 Explain key health terms and concepts.	Explains the R.I.C.E. (rest, ice, compression, and elevation) acronym for treating bruises and strains.		<ul style="list-style-type: none"> - Elkhart County Health Department - HealthWorks - PALS (Police Assisting Local Schools) - American Red Cross - School Nurse - Dr. Losch, EGH Anesthesiologist - Career Center - Internet - Center for Disease Control

GRADE 5
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Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.2.1 Identify characteristics of valid health information, products, and services.	States that one characteristic of a valid health product is that the products are approved by trusted sources such as the Food and Drug Administration and the Consumer Product Safety Commission		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements
5.2.2 Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.	Uses the Internet to locate information about tobacco from government agencies such as the Center for Disease Control and Prevention and voluntary health organizations such as the American Lung Association.		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements
5.2.3 Analyze how media influences the selection of health information, products, and services.	Analyzes television snack food advertisements to identify the strategies used to sell the products such as reward/bargain offers, health claims, personal testimony, bandwagon, and false image/exaggerated benefits.		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements
5.2.4 Demonstrate the ability to locate health products and services.	Demonstrates the ability to locate sources that distribute health products such as prescription drugs.		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements

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Standard 2: Students will demonstrate the ability to access and evaluate health information, products, and services.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.2.5 Compare the costs of basic health products.	Compares the cost of hygiene products such as underarm deodorant.		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements
5.2.6 Identify community sources of health services.	Identifies community sources of urgent and emergency care services.		<ul style="list-style-type: none"> - Internet - Consumer Product Safety Commission - Food and Drug Administration - Center for Disease Control - Elkhart County Health Department - Public Service Announcements

**GRADE 5
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Standard 3: Students will demonstrate the ability to apply self-management skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.3.1 Demonstrate how to apply skills to manage stress.	Demonstrate the ability to identify feelings and causes of stress; identify and use strategies to handle stress such as playing, talking to a friend or trusted adult, physical activity, listening to music, writing in a journal, and deep breathing.		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department
5.3.2 Demonstrate how to apply skills to manage grief and anger.	Demonstrates the ability to identify feelings and triggers of anger, calm down by counting to ten or taking deep breaths, and use healthy strategies such as I messages, taking a time out or leaving the situation if appropriate, talking with a friend or trusted adult, and engaging in physical activity to communicate and cope with feelings of anger.		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department
5.3.3 Demonstrate how to avoid and reduce threatening situations.	Demonstrates how to avoid and reduce compromising situations and or threatening (e.g. uncomfortable sexual attention).		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department

GRADE 5
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Standard 3: Students will demonstrate the ability to apply self-management skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.3.4 Develop injury prevention and management strategies for personal and family health.	Demonstrates injury management strategies for wounds, burns, bleeding, and bruises.		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department
5.3.5 Demonstrate the ability to analyze a personal health assessment to determine health strengths and risks.	Demonstrates the ability to use the results from physical fitness testing to determine personal physical activity needs.		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department
5.3.6 Demonstrate strategies to improve or maintain personal health.	Demonstrates strategies for protecting eyes (e.g., sunglasses) and ears (e.g., volume restriction).		<ul style="list-style-type: none"> - P.E. Teachers-walking programs - Conflict Resolution Materials - School Nurse - Rex Gleim-Ryan's Place - ECHS Social Worker - EMT-Elkhart Fire Department

GRADE 5
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Standard 4: Students will demonstrate the ability to analyze the influence of family, culture, peers, community, media, and Technology on health and health behaviors.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.4.1 Describe how the family, school, and peers influence personal health behaviors.	Describes how the family, school, and peers influence personal decisions to abstain from alcohol and other drugs.		<ul style="list-style-type: none"> - Channel 34, PBS-Cultures - High School Counselor - PALS (Police Assisting Local Schools) - Social Workers - Mike Albin, Bristol Police, Media Influence Program
5.4.2 Describe how culture influences personal health behavior.	Describes how culture influences the ways in which people communicate with one another such as the use of eye contact and the amount of personal space between people.		<ul style="list-style-type: none"> - Channel 34, PBS-Cultures - High School Counselor - PALS (Police Assisting Local Schools) - Social Workers - Mike Albin, Bristol Police, Media Influence Program
5.4.3 Analyze how messages from media and other sources influence health behaviors.	Analyzes how the media sends mixed messages about the use of violence to resolve conflicts.		<ul style="list-style-type: none"> - Channel 34, PBS-Cultures - High School Counselor - PALS (Police Assisting Local Schools) - Social Workers - Mike Albin, Bristol Police, Media Influence Program
5.4.4 Analyze the influence of technology on personal and family health and health behaviors.	Describes how technology has changed the ways young people play and entertain themselves and may lead them to engage in lower levels of physical activity.		<ul style="list-style-type: none"> - Channel 34, PBS-Cultures - High School Counselor - PALS (Police Assisting Local Schools) - Social Workers - Mike Albin, Bristol Police, Media Influence Program

GRADE 5
HEALTH EDUCATION CURRICULUM GUIDE

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	Demonstrate the ability to match nonverbal communication with verbal communication to express feelings.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center
5.5.2 Describe characteristics needed to be a responsible friend and family member.	Describes a responsible friend or family member as someone who communicates with others, takes responsibility for their actions, and is cooperative, compassionate, supportive, honest, trustworthy, dependable, and respectful.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center

GRADE 5
HEALTH EDUCATION CURRICULUM GUIDE

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.5.3 Demonstrate healthy ways to express needs, wants, and feelings including I messages and assertive communication strategies.	Demonstrates how to use assertive communication strategies rather than passive or aggressive communication strategies to ask for help.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center
5.5.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	Demonstrates how to express concern and offer help to a friend or family member who is having a problem.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center

**GRADE 5
HEALTH EDUCATION CURRICULUM GUIDE**

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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.5.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Demonstrates attentive listening skills by showing how to pay careful attention to verbal and nonverbal communication, listen to understand, not interrupt and provide verbal feedback that reflects the speaker's verbal and nonverbal communication.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center
5.5.6 Demonstrate refusal and negotiation skills to enhance health.	Demonstrate how to say no, give a reason or an excuse, suggest another activity, use humor, change the subject, say no again, and walk away to refuse pressure to bully another person.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center

GRADE 5
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Standard 5: Students will demonstrate the ability to utilize interpersonal communication skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.5.7 Differentiate between negative and positive behaviors used in conflict situations.	Identifies arguing and criticizing as negative behaviors and taking responsibility for one's actions as a positive behavior to resolve conflicts.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center
5.5.8 Demonstrate nonviolent strategies to resolve conflicts.	Demonstrates how to resolve a conflict by showing how to stay calm and not make the conflict worse, assess risk of violence and leave if a weapon is present, agree that there is a problem, listen to the other person, work with them to identify choices to resolve the conflict, see the help of a mediator if needed, and compromise on a choice that is fair for both persons.		<ul style="list-style-type: none"> - Conflict Resolution Materials; "I Messages: - CARES Program-Ellen Moore, Coordinator - Big Brother/Big Sister Program - Arvis Dawson, West Side P.E. teacher, Buddy Program - PALS (Police Assisting Local Schools - Elkhart Police Law Enforcement, Career Center

GRADE 5
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Standard 6: Students will demonstrate the ability to implement decision-making and goal setting skills to enhance health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.6.1 Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	Demonstrates the ability to work with others to identify choices, identify the consequences of each choice, make the best choice, and reflect on the results of the choice when making decisions to prevent recreational injuries.		<ul style="list-style-type: none"> - Elkhart County Health Dept. - Elkhart Environmental Center - P.E. Teacher - American Dental Association - Nutritionist - School Nurse - YMCA
5.6.2 Predict how decisions regarding health behaviors have consequences for self and others.	Predicts how choices to reduce, reuse, and recycle have consequences for self and others.		<ul style="list-style-type: none"> - Elkhart County Health Dept. - Elkhart Environmental Center - P.E. Teacher - American Dental Association - Nutritionist - School Nurse - YMCA
5.6.3 Demonstrate the ability to set health goals that address personal strengths, needs, and health risks.	Demonstrates the ability to set short and long-term goals for physical activity based on the results of physical fitness testing.		<ul style="list-style-type: none"> - Elkhart County Health Dept. - Elkhart Environmental Center - P.E. Teacher - American Dental Association - Nutritionist - School Nurse - YMCA
5.6.4 Demonstrate the ability to apply strategies and skills to monitor and attain personal health goals.	Demonstrates the ability to use cues to remind them to floss their teeth in order to meet a personal health goal to floss on a daily basis.		<ul style="list-style-type: none"> - Elkhart County Health Dept. - Elkhart Environmental Center - P.E. Teacher - American Dental Association - Nutritionist - School Nurse - YMCA

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Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.			
Indicator	Example	Instructional/Assessment Strategy	Resource
5.7.1 Describe a variety of ways to convey accurate health information and ideas.	States that health information and ideas can be communicated through the use of songs and t-shirts.		<ul style="list-style-type: none"> - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Elkhart Environmental Center - School Nurse
5.7.2 Demonstrate the ability to express information and ideas about health issues.	Demonstrates the ability to do a chalk talk that expresses information about the benefits of not using alcohol or other drugs.		<ul style="list-style-type: none"> - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Elkhart Environmental Center - School Nurse
5.7.3 Demonstrate the ability to influence and support others in making positive health choices.	Demonstrates the ability to create a slogan that encourages students to treat others with respect.		<ul style="list-style-type: none"> - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Elkhart Environmental Center - School Nurse
5.7.4 Demonstrate the ability to work cooperatively when advocating for health individuals, families, and schools.	Demonstrates the ability to work with others to write a song to advocate for recycling paper, glass, and cans.		<ul style="list-style-type: none"> - Elkhart County Health Department - PALS (Police Assisting Local Schools) - Elkhart Environmental Center - School Nurse