

## Fifth Grade Health

<http://www.sad44.org/curriculum/health/health.pdf>

### *Growth and Development: Physical and Emotional*

Unit (order will vary)	Human Growth and Development	Influences on Health Personal Responsibility	Conflict Resolution
<b>Strands</b>	Health Concepts (A)	<b>Influences on Health (D)</b> Health Promotion and Risk Reduction (C)	<b>Communication Skills (E)</b>
<a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>			
<b>Activities</b>	Label diagrams of human body and reproductive systems Guided discussions Videos Guest speakers Chart the menstrual cycle	Make posters, murals, collages about culture, health, and media influences Keep critics log Make videotape Distinguish between fact and opinion Conduct a survey Inspect a product Invent a new Product Write a song, jingle or create a game	Set goals Make decisions and justify choices Create a videotape Create a cartoon Role play
<b>Assessments</b>	<i>Traveling Through Life</i> (LAD) A7 (optional) <a href="http://mainelad.org">http://mainelad.org</a>	<b>Coat of Arms ( MAP) D4</b> <a href="http://www.maptasks.org">http://www.maptasks.org</a> <b>The Way We Look (LAD) D2</b> (optional) <a href="http://mainelad.org">http://mainelad.org</a>	<b>How Can I Resolve this Conflict (MAP) E3</b> (optional) <a href="http://www.maptasks.org">http://www.maptasks.org</a>
<b>Vocabulary</b>	Puberty Menstrual cycle Anatomy vocabulary Reproductive cycle	Media Peer pressure Health product claims Acne Anorexia Bulimia Resiliency Protective Factors Body Image	Five ways of handling a conflict: Walk away Collaborate Appeal to Authority Compromise Delay
<b>Resources</b>	School nurse Videos	<i>Comprehensive School Health Education</i> <i>Physical Fitness and Wellness</i> <i>Nutrition and Body Image: Teacher and Student Resource</i> <i>Nutrition and Body Image: Health Facts</i>	Conflict Resolution Worksheets Guidance
<p><a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up.</p> <p><a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.</p>			