

# *Wallenpaupack Area School District*

**Course:** Health

**GRADE LEVEL:** Grade 5

**LENGTH OF COURSE:**

**TEXT:** Totally Awesome Health, Weekly Reader Instructional Materials

**PUBLISHER:** Meeks Hait

**COPYRIGHT:** 1999

**COURSE DESCRIPTION:**

**AREAS OF STUDY:**

Illegal Drug Use  
Personal Mental Health  
Interaction of Body Systems  
Healthy Problem and Disease Prevention  
Nutrition and Physical Fitness

**CURRICULUM WRITING TEAM:**

Neal Vosburg  
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**DATE OF REVISION:**

2005

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5th

**Unit:** Personal/Mental Health

**PA Standard:** 10.2.6  
10.3.6

<b>Topics:</b> Personal qualities Friendships Conflict resolution Family life	<b>Skills:</b> Uniqueness Strengths/weaknesses Self-esteem Feelings of others Characteristics of friendships I messages Positive statements Practice getting along with others Expressing emotions Stress and causes of Recognize and develop an acceptance and appreciation for various family structures and beliefs
<b>Activities:</b> Drawing Discussion (large and small group) Compliment worksheet Problem solving game Role-play Worksheet/small group Story	<b>Performance Assessment:</b> Writing Participation in discussion Worksheet completion Teacher made test

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5<sup>th</sup>

**Unit:** Interaction of Body Systems    **PA Standard:** 10.1.6

<b>Topics:</b>	<b>Skills:</b>
Interactions of body systems	Introduction of various body systems
<b>Activities:</b>	<b>Performance Assessment:</b>
Visual understanding of the different systems and locations within the body Group discussions	Class participation Teacher observation Worksheets Teacher made test

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5<sup>th</sup>

**Unit:** Nutrition and Physical  
Fitness

**PA Standard:** 10.1.6

<b>Topics:</b> Nutrition – proper diet	<b>Skills:</b> Explain the role of the food pyramid Food groups and what foods go where Explain the importance and correlation between diet and exercise
<b>Activities:</b> Design a food guide pyramid (a chart) for several days and keep track of what you eat Design a menu Computer activities Compare differences with fast food restaurants Calories and portion control Calculate target heart rate and how aerobic Fitness and diet contribute to a healthy lifestyle	<b>Performance Assessment:</b> Class participation Teacher observation Worksheets Teacher made Fitness project

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5<sup>th</sup>

**Unit:** Drug Awareness &  
Prevention

**PA Standard:** 10.1.6

<b>Topics:</b> Harmful and helpful drugs  Drug abuse/drug misuse  Decision-making /refusal skills	<b>Skills:</b> Define new vocabulary terms related to drug prevention and to distinguish between harmful and helpful substances Follow safety rules when using a drug  Understand the difference between drug abuse and drug misuse  Practice strategies for improving or maintaining personal health
<b>Activities:</b> Worksheet Small group work Class discussion Role playing Question and answers	<b>Performance Assessment:</b> Class participation Teacher made test

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5<sup>th</sup>

**Unit:** Alcohol

**PA Standard:** 10.1.6

<b>Topics:</b>	<b>Skills:</b>
Alcohol awareness and prevention	Identify the harmful effects and social consequences of alcohol abuse Define chemical dependence and discuss its impact on self and others Identify reliable community resources for dealing with chemical addiction
<b>Activities:</b>	<b>Performance Assessments:</b>
Class discussion Worksheet Crossword puzzle Questions and answers in textbook "Totally Awesome Health" Advertisements Project Magazine/TV Advertisements	Class participation Worksheet completion Teacher made test Crossword puzzle completion

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5<sup>th</sup>

**Unit:** Tobacco

**PA Standard:** 10.1.6

<b>Topics:</b> Tobacco awareness and prevention	<b>Skills:</b> Identify social, emotional and health consequences of tobacco use Identify short term and long term effects of using tobacco products Identify false advertising of tobacco products Recognize second-hand smoke as harmful Practice effective refusal skills
<b>Activities:</b> Class discussion Worksheets Advertisement for smoking which reveals the truth to the consumer Role playing Question and answer textbook "Totally Awesome Health"	<b>Performance Assessments:</b> Teacher made test Class participation Completed advertisement Completed project



# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 5th

**Unit:** Health Problems and  
Disease Prevention

**PA Standard:** 10.1.6

<b>Topics:</b> Infectious diseases Non-infectious diseases Immune system	<b>Skills:</b> Student will understand how infectious diseases can be spread and how it affects Immune system Students will understand how infectious diseases can <u>not</u> be spread HIV/AIDS
<b>Activities:</b> Various videos (e.g., I have AIDS) AIDS story Worksheets Group discussions	<b>Performance Assessment:</b> Quiz/test Teacher observations Class participation