

HEALTH
5th Grade

RE-1 Standard 1: The student will comprehend concepts related to health promotion and disease prevention.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
1.1 Describe the relationship between personal health behaviors and individual well-being.	Class P.E. Teacher District Nurses	BODY CHOOSE CONFLICT FIT OUNCE	RIGHT SAFETY SKILL SMILE
1.2 Identify indicators of mental, emotional, social and physical health during childhood.	Class	CONFLICT OUNCE	SKILL SMILE
1.3 Describe the basic structure and function of the human body system.	Class District Nurses	CHANGE RIGHT	SMILE
1.4 Describe how the family influences personal health.	Class District Nurses	CHOOSE CONFLICT	SAFETY
1.5 Describe how physical, social and emotional environments influence personal health.	Class District Nurses	CHOOSE CONSUMER ENVIRONMENT	OUNCE SKILL SMILE
1.6 Explain and identify health problems and childhood injuries that can be prevented or treated if detected early.	Class	RIGHT SMILE	

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors and to reduce health risks.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
2.1 Identify responsible health behaviors.	Class District Nurses	BODY CHOOSE OUNCE RIGHT	SAFETY SKILL SMILE
2.2 Identify personal health needs.	Class P.E. Teacher District Nurses	CHOOSE FITNESS CHOOSE	
2.3 Demonstrate strategies to improve or maintain personal health.	Class P.E. Teacher District Nurses	BODY CHANGE CHOOSE FIT OUNCE	RIGHT SAFETY SKILL SMILE
2.4 Develop injury prevention and management strategies for personal health.	Class P.E. Teacher	CHOOSE FIT RIGHT	SAFETY SKILL SMILE
2.5 Compare and demonstrate ways to avoid and or to reduce threatening situations.	Class District Nurses	CHOOSE CONFLICT	SAFETY SKILL
2.6 Apply skills to manage stress.	Class P.E. Teacher	CHOOSE FIT	SKILL

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology and other factors on health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
3.1 Describe how culture influences personal health behaviors.	Class District Nurses	CHOOSE CONSUMER	ENVIRONMENT
3.2 Explain how media influences thoughts, feelings and health behaviors.	Class District Nurses	CHOOSE CONSUMER	OUNCE SKILL
3.3 Describe ways technology can influence personal health.	Class District Nurses		
3.4 Explain how information from school and family influences health.	Class District Nurses	BODY CHOOSE	OUNCE SAFETY

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
4.1 Distinguish between verbal and non-verbal communication.	Class	CONFLICT SKILL	
4.2 Describe characteristics needed to be a responsible friend and family member.	Class District Nurses	CHOOSE OUNCE	
4.3 Demonstrate healthy ways to express needs, wants and feelings.	Class P.E. Teacher District Nurses	CHANGE CONFLICT CONSUMER	ENVIRONMENT FIT RIGHT
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	Class	RIGHT SAFETY	SKILL
4.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Class District Nurses	CONFLICT	
4.6 Demonstrate refusal skills to enhance health.	Class District Nurses	CHOOSE	
4.7 Differentiate between negative and positive behaviors used in conflict situations.	Class PE District Nurses	CONFLICT SAFETY	
4.8 Demonstrate non-violent strategies to resolve conflicts	Class	CONFLICT	

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
5.1 Demonstrate the ability to apply a decision-making process to health issues and problems	Class District Nurses	CHOOSE CONFLICT CONSUMER	ENVIRONMENT OUNCE SMILE
5.2 Explain when to ask for assistance in making health-related decisions and setting health goals	Class P.E. Teacher	CONSUMER FIT	SKILL
5.3 Predict outcomes of positive health decisions	Class P.E. Teacher District Nurses	BODY CHOOSE FIT	SAFETY SMILE
5.4 Set a personal health goal and track progress toward its achievement	Class P.E. Teacher	CHOOSE FIT	SKILL