

## **Health Curriculum Grade 5**

### **Mental/Emotional Health**

- I will show good character.
- I will communicate in healthy ways.
- I will choose behaviors to resist peer pressure

### **Family and Social Health**

- I will show respect for others.
- I will work to have healthful friendships.
- I will practice ways to control anger.

### **Growth and Development**

- I will care for my body systems.
- I will be glad that I am unique.
- I will accept how my body changes as I grow.
- I will have an understanding of the respiratory system.
- I will appreciate exercise as a health benefit.
- I will practice skill related fitness.

### **Nutrition**

- I will eat the correct number of servings from the Food Guide Pyramid.
- I will read and evaluate food labels.
- I will choose healthful foods if I eat at fast food restaurants.
- I will stay a healthful weight.

### **Personal Health and Physical Activity**

- I will get plenty of sleep and rest.
- I will get plenty of physical activity.
- I will prevent injuries during physical activities.
- I will follow safety rules for sports and games.
- I will not smoke or drink alcohol.

### **Alcohol, Tobacco and Other Drugs**

- I will not use tobacco.
- I will stay away from secondhand smoke.
- I will tell ways to get help for someone who uses drugs in harmful ways.
- I will not drink alcohol.
- I will not be involved in illegal drug use.
- I will say NO if someone offers me a harmful drug.

**Cont. Health Curriculum – Grade 5****Communicable and Chronic Diseases**

I will choose habits that prevent cancer.

I will learn facts about HIV and AIDS.

I will tell ways to care for asthma.

I will tell ways to care for chronic (lasting) health conditions.

**Consumer and Community Health**

I will check ways technology, media, and culture influence health choices.

I will spend time and money wisely.

I will check out sources of health information for respiratory diseases.

I will choose safe and healthful products.

I will cooperate with school and community helpers.

**Environmental Health**

I will keep noise down.

I will help protect my environment.

I will keep my environment friendly.

I will practice recycling.

I will keep the air, land, and water clean and safe.

I will practice fire prevention.

**Injury Prevention and Safety**

I will follow safety rules for home and school.

I will protect myself from people who might harm me.

I will follow safety rules to protect myself from violence.

I will follow safety rules for swimming.

I will follow safety rules for weather conditions.

I will stay away from gangs.

I will not carry a weapon.