

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Community/Environmental Health

Grade: 5
MLR Span: 5-8

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

B2. Identify resources from home, school, and community that provide valid health information and services.

1. Identify the roles of public safety groups and how to access each for help.
2. Explain the value of assertive strategies when asking for help in an emergency.
3. Access your own personal safety support system within the community.
4. Use the Decision Making Steps to determine which public agency to call for help.

Great Body Shop
Volume: 5
Unit Name: First Aid Facts
Lesson #: 3
Lesson Title: Your Community And How To Call For Help

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Safety & Accident Prevention

Grade: 5
MLR Span: 5-8

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C4. Develop injury prevention and response strategies for personal safety, including first aid.

1. Define first aid and explain the role it plays in emergency situations.
2. Explain the importance of being of service to others in a time of need.
3. List and practice Emergency Response Steps.
4. Follow the Decision Making Steps to determine who should be called in an emergency situation.

Great Body Shop
Volume: 5
Unit Name: First Aid Facts
Lesson: 1
Lesson Title: First Aid-What, Who, When

C5. Demonstrate ways to avoid or change situations that threaten personal safety

1. Recognize and avoid risky situations involving personal safety.
2. Distinguish between appropriate, inappropriate and confusing touches and secrets.

Home School Coordinator
Great Body Shop
Volume: 5
Unit Name: Those Crazy Mixed Up Emotions
Lesson: 4
Lesson Title: Send The Message: My Body Is Private

MSAD #54 Curriculum Format

Content Area: Health Education

Grade: 5

Health Strand: Prevention & Control of Disease and Disorders

MLR Span: 5-8

MLR Content Std: A. HEALTH CONCEPTS

Students will understand health promotion and disease prevention concepts.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

A1. Explain the relationship between healthy behaviors and the prevention of injury, illness, and disease.

1. Discuss major respiratory diseases (including asthma) and explain their impact on the community.
2. Develop responsibility for doing your part to prevent the spread of communicable respiratory diseases.
3. Identify symptoms of lung disease and methods to prevent the spread of disease.
4. Compare and contrast healthy and diseased lungs.

Great Body Shop
Volume: 5
Unit Name: Love Your Lungs
Lesson #: 2
Lesson Title: Community Health And Diseases Of The Respiratory System

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Family Life

Grade: 5
MLR Span: 5-8

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

D4. Describe how school, family, and peers influence the health of adolescents.

The student will:

1. Describe reasons for abusing drugs and how drug abuse by one member affects the whole family.
2. Show why it is important to talk to an adult you know and trust if you have problems that are hard to handle.
3. List resources in the community that can help with drug problems.
4. Analyze why drug abuse on the part of one family member can make the whole family guilty, ashamed and embarrassed.

Great Body Shop
Volume: 5
Unit Name: Danger Ahead: The Truth About Drugs
Lesson #: 2
Lesson Title: Drug Abuse And The Family

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Nutrition

Grade: 5
MLR Span: 5-8

MLR Content Std: A. HEALTH CONCEPTS
Students will understand health promotion and disease prevention concepts.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

A6. Explain how appropriate health care can prevent premature death and disability.

1. Explain the nutritional needs of individuals based on age, gender, activity level and state of health.
2. Trace the change in values and influences that affect food choices throughout the life cycle.
3. Plan a diet that is appropriate to your place in the life cycle and one that will be appropriate ten years from now.
4. Predict the consequences of maintaining your current diet without any change until you reach the age of your parents.

Great Body Shop
Volume: 5
Unit Name: You Are What You Eat
Lesson #: 2
Lesson Title: Life Cycle And Nutrition

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Personal Health – Physical

Grade: 5
MLR Span: 5-8

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C3. Develop strategies to improve or maintain personal and family health.

1. Describe perfect environments in which to perform specific physical activities such as inline skating, bicycling, jogging, soccer, etc.
2. Show how important you feel it is to respect environmental conditions while performing physical activities.
3. Practice skills needed to avoid sports injury and prevent accidents which might occur in certain environments (i.e. sliding because of rain, wearing protective gear in cold weather, sun screens and water consumption in heat).
4. Use the Decision Making Process to choose alternative physical activities when the environment is unhealthful or dangerous.

Great Body Shop
Volume: 5
Unit Name: Bones And Muscles: A Terrific Team
Lesson #: 3
Lesson Title: Physical Activity And Environment

MSAD #54 Curriculum Format

Content Area: Health Education
 Health Strand: Personal Health – Mental & Emotional

Grade: 5
 MLR Span: 5-8

- MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
 Students will understand how to reduce their health risks through the practice of healthy behaviors.
- E. COMMUNICATION SKILLS
 Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.
- F. DECISION-MAKING AND GOAL SETTING
 Students will learn how to set personal goals and make decisions that lead to better health for themselves, their families, and the community.

MLR Performance Indicators	MSAD #54 Objectives	Instructional Resources/Activities
Students will be able to:	The student will:	
F2. Analyze how health-related decisions are influenced by individuals, families, and community values.	<ol style="list-style-type: none"> 1. Identify responsible and irresponsible methods for handling strong emotions. 2. Make acting responsibly a priority in your behavior by making a class commitment. 3. Practice positive skills for coping with stress, conflict, disappointment and failure. 4. Use the decision making steps to determine responsible actions in emotional situations. 	Great Body Shop Volume: 5 Unit Name: Those Crazy, Mixed Up Emotions Lesson #: 2 Lesson Title: Your Emotions And Your Life
C5. Demonstrate ways to avoid or change situations that threaten personal safety.	<ol style="list-style-type: none"> 1. Define different forms of bullying behavior. 2. Identify feelings associated with bullying. 3. List the steps to address and resolve bullying. 4. Practice non-violent solutions to avoid and/or end bullying. 	Home School Coordinator
E3. Demonstrate conflict resolution strategies.		

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Substance Use & Abuse

Grade: 5
MLR Span: 5-8

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C5. Demonstrate ways to avoid or change situations that threaten personal safety.

1. Define the terms drug use, drug misuse and drug abuse and identify the short and long term effects of different categories of drugs on the body.
2. Set a goal to protect your body from misuse and abuse of drugs.
3. Differentiate among proper use, misuse and abuse of drugs.
4. Compare and contrast the effects of proper drug use with misuse and abuse.

Great Body Shop
Volume: 5
Unit Name: Danger Ahead: The Truth About Drugs
Lesson #: 10 Use, Misuse And Abuse Of Drugs

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Growth & Development

Grade: 5
MLR Span: 5-8

MLR Content Std: A. HEALTH CONCEPTS
Students will understand health promotion and disease prevention concepts.

C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C1. Explain the importance of assuming responsibility for personal health.

1. Identify the connections between good hygiene, your appearance and feeling good about the way you look
2. Show that you care about your appearance by identifying good hygiene routines for personal use.
3. Practice hygiene routines for enhanced appearance and analyze the effect on your self esteem.
4. Analyze influences of consumer products for hygiene and appearance.

Great Body Shop
Volume: 5
Unit Name: Growing Up
Lesson #: 3
Lesson Title: Good Hygiene And Feeling Good About The Way You Look

A7. Identify the characteristics and stages of human growth and development

1. Identify the physical changes that happen to the body during puberty and why they occur.

School Nurse

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Consumer Health

Grade: 5
MLR Span: 5-8

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

D3. Analyze the effect of technology on personal and family health.

The student will:

1. Explain the role of advertising in consumer behavior including identifying at least 5 different tactics used by advertisers.
2. Demonstrate responsibility for checking out advertising claims before making purchasing decisions.
3. Using research from one night's TV viewing or one magazine or newspaper, evaluate the advertising tactics and decide which ones are misleading and in what ways.
4. Compare and contrast advertising claims.

Great Body Shop
Volume: 5
Unit Name: All The Right Stuff
Lesson #: 1
Lesson Title: Don't Be Fooled By Advertising