

Department: Health/Physical Education Course Title: Elementary Health Education
Course #: 5th Grade

DESCRIPTION OF COURSE:

Concepts of Health – Growth and development, nutrition

Healthful Living – Health information and consumer choices, media, decision-making skills

Safety & Injury Prevention – Safe/unsafe practices, safe practices in physical activity

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
<i>Self-Esteem</i>	<i>Class #1</i>	<i>10.1 A D</i>
<i>Decision-Making</i>	<i>Class #2</i>	<i>10.1 D; 10.2 D</i>
<i>Healthy Lifestyle Choices</i>	<i>Class #3</i>	<i>10.1 C D; 10.2 B D</i>
<i>Food and Energy</i>	<i>Class #4</i>	<i>10.1 C E; 10.2 B</i>
<i>Nutrition Facts Panel</i>	<i>Class #5</i>	<i>10.1 C; 10.2 B</i>
<i>Physical Activity and Energy</i>	<i>Class #6</i>	<i>10.1 C; 10.2 B; 10.3 D</i>
<i>Growth and Development</i>	<i>Class #7</i>	<i>10.1 A B</i>

INSTRUCTIONAL RESOURCES:

- *Energy Balance 101 (Discovery Education)*
- <http://www.mypyramid.gov/index.html>
- www.ChefSolus.com
- *Health Promotion Wave (HPW)*
- *American Heart Association (handouts, posters, booklets)*
- *The Weller Center “Life Begins” program*
- *Always Changing – About You program*