

Grade Five

Students in grade five distinguish reliable from unreliable health information and resources. Students' practices and behaviors demonstrate health knowledge and skills. Emphasis is placed on demonstrating interpersonal skills, assuming responsibility for personal health habits, and practicing behaviors that promote active, healthy lifestyles. Students critique advertising and various media displays and work with others to improve community health.

Knowledge and Skills

- 5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include
 - a) the development of positive social skills;
 - b) the use of refusal and conflict-resolution skills;
 - c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.
- 5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include
 - a) the relationship between health promotion and disease prevention;
 - b) the connection between nutritional guidelines and weight management;
 - c) strategies for managing stress;
 - d) the importance of exercise and recreation;
 - e) the effects of personal health habits on cardiovascular fitness;
 - f) the importance of developing and maintaining a positive self-image.
- 5.3 The student will analyze the risks associated with dependence on and addiction to alcohol, tobacco, inhalants and other drugs. Key concepts/skills include
 - a) the effects on the integrated functioning of the body's systems;
 - b) the effects on academic performance;
 - c) the effects on relationships with family, peers, and other individuals.

Information Access and Use

- 5.4 The student will critically evaluate how print media, broadcast media, and Internet technology influence perceptions of health information, products, and services. Key concepts/skills include
 - a) strategies for validating health information;
 - b) tools for the critical evaluation of advertisements and promotions.

Community Health and Wellness

- 5.5 The student will explain how peers, families, and community groups work together to build a healthy community. Key concepts/skills include
 - a) collaborative support for environmental issues;
 - b) the existence of customs and traditions;
 - c) promotion of the value of community health and wellness;
 - d) examination of community health issues;
 - e) development of community health projects;
 - f) promotion of volunteerism and community service.