

# Grade 5

Adopted 2021

## Fifth Grade (17.00600)

### 1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE5.1

- a. Recognize the relationship between healthy behaviors and disease prevention. HE5.1.A
- b. Describe and apply the basic personal health concepts of healthy eating and physical activity. HE5.1.B
- c. Describe and apply the basic health concept of mental and emotional well-being. HE5.1.C
- d. Describe and apply the basic health concept of personal hygiene and safety. HE5.1.D
- e. Distinguish the short and long-term physical effects of use and/or misuse of substances. HE5.1.E
- f. Identify trusted adults and when it might be important to seek health care or emergency help for themselves or others. HE5.1.F
- g. Identify the changes that occur during puberty. HE5.1.G
- h. Distinguish between tattling, reporting aggression, bullying, cyberbullying, and violence (physical and/or sexual) and how to report these instances. HE5.1.H
- i. Identify strategies to avoid physical fighting and violence. HE5.1.I

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### 2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE5.2

- a. Evaluate the influence of family and peers on personal health behaviors and decisions. HE5.2.A
- b. Describe how the school and community can support personal health practices and behaviors. HE5.2.B
- c. Explain how media/technology influences thoughts, feelings, and health behaviors. HE5.2.C

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**3. Demonstrate the ability to access valid information, products, and services to enhance health.** HE5.3

- a. Identify the characteristics of valid health information, products, and services. HE5.3.A
- b. Access resources from home, school, and community that provide valid health information. HE5.3.B
- c. Assess the characteristics of valid health information, products, and services. HE5.3.C

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**4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.** HE5.4

- a. Apply effective verbal and nonverbal communication skills to enhance health. HE5.4.A
- b. Model effective nonviolent strategies to manage or resolve conflicts. HE5.4.B
- c. Demonstrate how to ask for assistance to enhance personal health and the health of others. HE5.4.C

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**5. Demonstrate the ability to use decision-making skills to enhance health.** HE5.5

- a. Identify health-related situations that might require a thoughtful decision. HE5.5.A
- b. List healthy options and possible consequences to a health-related issue or problem. HE5.5.B
- c. Predict the potential outcomes of each option when making a health-related decision. HE5.5.C
- d. Analyze when assistance is needed in making a health-related decision. HE5.5.D
- e. Choose a healthy option when making a decision. HE5.5.E
- f. Describe the outcomes of a health-related decision. HE5.5.F

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**6. Demonstrate the ability to use goal-setting skills to enhance health.** HE5.6

- a. Set a personal health goal and track progress toward its achievement. HE5.6.A
- b. Identify and utilize resources to assist in achieving a personal health goal. HE5.6.B

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**7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.** HE5.7

- a. Practice responsible personal health choices. HE5.7.A
- b. Demonstrate a variety of healthy choices and behaviors to preserve or enhance personal health. HE5.7.B
- c. Model a variety of behaviors that prevent or decrease health risks to self and/or others. HE5.7.C

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**8. Demonstrate the ability to advocate for personal, family, and community health.** HE5.8

- a. Review accurate information and develop an opinion about a health issue. HE5.8.A
- b. Advocate for positive health choices. HE5.8.B