I. Overview

The Elementary Health Education Curriculum is designed to teach students the information and skills they need to become health-literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a healthy community, nation, and world. *The health lessons are intended to be clustered and taught during the breaks between the various science modules.*

II. Rationale

This Health Education Curriculum is designed to give students in grades K-6 the opportunity to develop health knowledge, practice life skills, and work to achieve health goals that protect them from risk behaviors. Upon completion, students will ascertain knowledge and skills in the following health related areas: mental, emotional, family, and social health; growth and nutrition; personal health and safety; drugs and disease prevention; community and environmental health.

III. Student Outcomes (Linked to NJ Core Curriculum Standards listed below)

A. Students will learn behaviors that will protect their mental and emotional health. (2.1, 2.2)
B. Students will use steps to make wise decisions. (2.1, 2.2)
C. Students will identify how healthy families function and change. (2.4)
D. Students should recognize how to achieve and maintain a healthful weight. (2.1)
E. Students will learn how to prevent injuries and stay safe in a number of situations. (2.1, 2.3)
F. Students will learn tools to maintain a positive self-esteem. (2.1)
G. Students will learn about the role of food in a person’s overall health (2.3)
H. Students will learn to use the food pyramid and dietary guidelines (2.1, 2.2, 2.3)
I. Students will learn behaviors that will keep them happy throughout their lives (2.2)

*NJ Core Curriculum Content Standards for Comprehensive Health and Physical Education*

2.1 All students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.
2.2 All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.
2.3 All students will learn and apply information about alcohol, tobacco, other drugs and medicines to make decisions that support a healthy, active lifestyle.
2.4 All students will learn the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

IV. Essential Questions and Content

**Mental and Emotional Health**
- What are the three parts of health?
- Why is it important to set health goals?
- How can you manage stress?

**Family and Social Health**
• What is a relationship?
• What is a conflict?

Nutrition
• How do dietary guidelines help you make responsible food choices?
• Why should you read the nutrition facts panel on a food package?
• What factors influence your food choices?

Personal Health and Physical Activity
• What is hygiene?
• How can you keep your eyes, ears, and mouth healthy?

V. Strategies
Development of the concepts in Health Education for fifth grades will be achieved through a combination of textbook series, software and internet demonstrations, teacher guided class discussions, individual and group projects, and class presentations as well as DVD visual aides.

VI. Evaluation
• Teacher made quiz/test
• Homework
• Student journals
• Student projects
• Student notebooks

VII. Required Resources


CD Rom: Health and Wellness, MacMillian/ McGraw Hill

DVD: All About Boys
     All About Girls

Teacher’s Resource Package
Grade 5 Health Masters
Grade 5 Assessment Book
Grade 5 Transparency

VIII. Scope and Sequence

Lesson #1 Health and Wellness

Unit # – A Mental, Emotional, Family, and Social Health
Chapter #1 Mental and Emotional Health
• Essential Questions
  1) What are the 3 parts of health?
  2) What are ways to take responsibility for your health?
  3) What are 10 life skills to practice?
  4) What are steps to follow to set health goals and achieve them?

• Use DVD K-8 Health and Wellness in place of student book

• Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

• Optional Teacher Resource
  Chapter Resource - pg A2C
  Transparency # 44, #1, #2

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 2  Character and Personality

Unit # – A – Mental, Emotional, Family, and Social Health
Chapter #1 Mental and Emotional Health
TE (Textbook pg# A10 – A17)

• Essential Questions
  1) What are the factors that influence your personality?
  2) What are some ways to maintain a positive self esteem?
  3) What are the six pillars of good character?

• Use DVD K-8 Health and Wellness in place of student book

• Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

• Optional Teacher Resource
  Chapter Resource - pg A2C
  Transparency # 47, #3

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 3  Making Responsible Decisions

Unit # – A Mental, Emotional, Family, and Social Health
Chapter #1 Mental and Emotional Health
TE (Textbook pg# A18 – A19)
• Essential Questions
  1) What are some steps to follow to make responsible decisions?
  2) What are some ways to resist negative peer pressure?

• Use DVD K-8 Health and Wellness in place of student book

• Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

• Optional Teacher Resource
  Chapter Resource - pg A2C
  Transparency # 5

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 4 Emotions and Stress

Unit # – A Mental, Emotional, Family, and Social Health
Chapter #1 Mental and Emotional Health
TE (Textbook pg# A22 - A29 )

• Essential Questions
  1) What are some healthful ways to express emotions?
  2) What are some causes and signs of stress?
  3) What are some ways of coping with depression and grief?

• Use DVD K-8 Health and Wellness in place of student book

• Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

• Optional Teacher Resource
  Chapter Resource - ( pg A2C )
  Transparency #

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 5 Healthful Relationships

Unit # – A Mental, Emotional, Family, and Social Health
Chapter # 2 Family and Social Health
TE (Textbook pg# A34 – A39)

• Essential Questions
  1) What are some effects of a healthy relationship?
2) What are some effects of a harmful relationship?
3) What are some steps to improve relationships?
4) How can you use conflict / resolution in your life?

- Use DVD K-8 Health and Wellness in place of student book
- Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that
  would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and
  other cross-curricular activities listed within the teachers’ edition.
- Optional Teacher Resource
  Chapter Resource - (pg A32C )
  Transparency #
- Optional Web Tool
  o  www.mmhhealth.com

**Lesson # 6 Express Yourself**

Unit # – A – Mental, Emotional, Family, and Social Health
Chapter #2 Family and Social Health
TE (Textbook pg# A40 – A45)

- Essential Questions
  1) Describe the 4 levels of nonverbal communication.
  2) How can you use 1 message to express your feelings?
  3) How can you use nonverbal communication?
  4) How can you be an effective listener?

- Use DVD K-8 Health and Wellness in place of student book
- Choose lesson Resource
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that
  would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and
  other cross-curricular activities listed within the teachers’ edition.
- Optional Teacher Resource
  Chapter Resource - (pg A32C )
  Transparency # 47
- Optional Web Tool
  o  www.mmhhealth.com

**Lesson # 7 Family Life**

Unit # – A - Mental, Emotional, Family, and Social Health
Chapter #2 Family and Social Health
TE (Textbook pg# A48 – A53)

- Essential Questions
  1) How do family members communicate in healthy ways?
2) In what ways can you adjust to family changes?
3) What are some ways to deal with abuse and violence?

- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  
  *In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers' edition.*

- Optional Teacher Resource
  
  *Chapter Resource - (pg A32C)
  Transparency # 47*

- Optional Web Tool
  
  *www.mmhhealth.com*

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**Lesson # 8 Making and Keeping Friends**

Unit # – A – Mental, Emotional, Family, and Social Health

Chapter #2 Family and Social Health

TE (Textbook pg# A54-A61)

- Essential Questions
  1) What are some ways to make and maintain friendships?
  2) What are some ways to resist negative peer pressure?
  3) When is it appropriate to end a friendship?

- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  
  *In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.*

- Optional Teacher Resource
  
  *Chapter Resource - (pg A32C)
  Transparency # 41*

- Optional Web Tool
  
  *www.mmhhealth.com*

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**Lesson # 9 Following Dietary Guidelines**

Unit # – A Mental, Emotional, Family, and Social Health

Chapter # 4 Nutrition

TE (Textbook pg# B34 – B41)

- Essential Questions
  1) Why do humans need 6 nutrients?
  2) How can you apply the My Pyramid to your life?
  3) How can you apply dietary guidelines in your life?
- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  *In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.*

- Optional Teacher Resource
  - Chapter Resource - (pg B34C)
  - Transparency # 42, #18, #20

- Optional Web Tool
  - www.mmhhealth.com

**Lesson # 10 Healthful Eating Habits**

Unit # – A Mental, Emotional, Family, and Social Health
Chapter # 4 Nutrition
TE (Textbook pg# B42 – B49 )

- Essential Questions
  1) Why is breakfast essential?
  2) List ways to choose healthy snacks.
  3) Why do healthful eating habits promote health?

- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  *In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.*

- Optional Teacher Resource
  - Chapter Resource - (pg B34C)
  - Transparency # 41

- Optional Web Tool
  - www.mmhhealth.com

**Lesson # 11 Choosing Foods Carefully**

Unit # – A Mental, Emotional, Family, and Social Health
Chapter # 4 Nutrition
TE (Textbook pg# B50 – B57)

- Essential Questions
  1) Why are food labels available?
  2) What are some ways to prevent food borne illnesses?
  3) What are some causes of food allergies?

- Use DVD K-8 Health and Wellness in place of student book
Choose lesson Resource
In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

Optional Teacher Resource
Chapter Resource - (pg B34C)
Transparency # 19

Optional Web Tool
www.mmhhealth.com

Lesson # 12 Personal Health Care
Unit # – A - Mental, Emotional, Family, and Social Health
Chapter # 5 Personal Health and Physical Fitness
TE (Textbook pg# C4 – C9)

Essential Questions
1) What are the benefits of being well groomed?
2) What are the benefits of rest and sleep?
3) What are some ways to take care of your skin?
4) What are ways to care for yourself and know your body?

Use DVD K-8 Health and Wellness in place of student book
Use exisiting video for boys and girls

Choose lesson Resource
In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

Optional Teacher Resource
Chapter Resource - (pg C2C)
Transparency # 44

Optional Web Tool
www.mmhhealth.com

It is recommended that teachers seek the assistance of the physical education teachers and school nurse for these lessons. Teachers may decide to separate the boys and girls in their classes and teach two separate lessons.

Lesson # 13 Keeping Healthy and Getting Checkups
Unit # – A - Mental, Emotional, Family, and Social Health
Chapter # 5 Personal Health and Physical Fitness
TE (Textbook pg# C10 – C19)

Essential Questions
1) What are some reasons you should visit a doctor for a routine physical exam?
2) What are some ways to care for your eyes?
3) What are some ways to care for your ears?

- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

- Optional Teacher Resource
  
  Chapter Resource - (pg C2C)
  Transparency # 43, #22

- Optional Web Tool
  
  www.mmhhealth.com

Lesson # 14 Caring for Your Teeth

Unit # – A - Mental, Emotional, Family, and Social Health
Chapter # 5 Personal Health and Physical Fitness
TE (Textbook pg# C20 – C25)

- Essential Questions
  
  1) What are the parts that make up a tooth?
  2) What is included in a dental health exam?
  3) How can dental problems be prevented and treated?

- Use DVD K-8 Health and Wellness in place of student book

- Choose lesson Resource
  
  In recognizing that there are various teaching and learning styles, please select activities for each health lesson that would be best suited for your class. Each lesson has Health Masters pages, a lesson quiz, leveled activities, and other cross-curricular activities listed within the teachers’ edition.

- Optional Teacher Resource
  
  Chapter Resource - (pg C2C)
  Transparency # 41, #21

- Optional Web Tool
  
  www.mmhhealth.com