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 about the ten body systems and organs associated with each (2.1, 2.2)
B. Students will use steps to make wise decisions. (2.1, 2.2)
C. Students will learn behaviors that will keep them healthy. (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 demonstrate basic first aid skills. (2.1)
G. Students will identify the health implications of using alcohol and tobacco. (2.3)
H. Students will understand the importance of using resistance skills when making choices about alcohol and tobacco. (2.1, 2.2, 2.3)
I. Students should identify the role of the community in promoting and protecting health. (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

**Growth and Development**
- Which bodily systems control different parts of the body?
- Which body system is the body’s control center?
- What are the parts of a cell?
- Why should you practice abstinence?

**Personal Health Care and Physical Activity**
- How can you develop a physical fitness plan?
- How can you stay free from injury during physical play?
Violence and Injury Prevention
- What are some responsible ways to manage stress and anger?
- How should you react and keep safe during emergencies?
- What are some rules for First Aid?
- What is CPR?

Alcohol, Tobacco and Other Drugs
- Why is it important to follow instructions and safety guidelines for using prescription and over the counter drugs?
- What skills do you need to resist pressure to use illegal drugs?
- How does drinking alcohol affect the brain?

Communicable and Chronic Diseases
- How can I decrease my risk for sickness and disease?
- What are allergies and what causes them?

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

**Teacher’s Resource Package**
- Grade 6 Health Masters
- Grade 6 Assessment Book
- Grade 6 Transparency

VIII. Scope and Sequence
Teachers should note that lessons about reproduction, abstinence, and sexual activity are to be taught or co-taught with the school nurse and/or physical education teacher.
Lesson #1: Support and Control Systems

Unit # – B – Growth and Nutrition
Chapter # 3 – Growth and Development
TE (Textbook pg# B2 – B6)

• Essential Questions
  1) What is the function of skin?
  2) What is the function of the skeletal system?
  3) What is the function of the muscular system?
  4) What is the function of the nervous system?

• 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 B2C )
  Transparency # 8, #9, #10, #14

• Optional Web Tool
  o www.mmhhealth.com

Lesson #2: Transport Systems

Unit # – B – Growth and Nutrition
Chapter # 3 – Growth and Development
TE (Textbook pg# B10 – B15)

• Essential Questions
  1) What is the function of the respiratory system?
  2) What is the function of the circulatory system?
  3) What is the function of the digestive system?
  4) What is the function of the urinary system?

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

• Choose lesson Resource
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• Optional Teacher Resource
  Chapter Resource - ( pg B2C )
  Transparency # 11, #12, #13, #16

• Optional Web Tool
  o www.mmhhealth.com

Lesson #3: Growing and Changing

Unit # – B – Growth and Nutrition
Chapter # 3 – Growth and Development
Essential Questions
1) What are the changes that occur throughout a life cycle?
2) What is the function of the endocrine system?
3) How can you care for your changing adolescent body?
4) What is the role of the male reproductive system?
   o Explain way that a boy’s body changes during puberty
   o Identify the male reproductive organs
   o Discuss healthful habits that boy’s your age can practice
5) What is the role of the female reproductive system?
   o Explain way that a girl’s body changes during puberty
   o Identify the female reproductive organs
   o Describe the menstrual cycle
   o Identify products used for menstruation
   o Discuss Toxic Shock Syndrome
   o Discuss healthful habits that boy’s your age can practice

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

Choose lesson Resource
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Optional Teacher Resource
Chapter Resource - ( pg B2C )
Transparency # 48, #15, #49
Video Presentation – 6th Grade Boys and Girls

Optional Web Tool
   o www.mmhhealth.com

Option
   o Teachers for Grade 6 will probably choose to separate the Boys and Girls in their classes for the lesson
     o Videos “All About Girls”
     o Video “All About Boys”

Lesson # 4 Practicing Abstinence
Unit # – A · Mental, Emotional, Family, and Social Health
Chapter # 2 Family and Social Health
TE (Textbook pg# A62 – A69 )

Essential Questions
1) What are reasons to practice abstinence?
2) What is the importance of setting limits and making decisions?

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 # 44

- Optional Web Tool
  - www.mmhhealth.com

**Lesson #5 Pregnancy and Childbirth**
Unit # – B – Growth and Nutrition
**Chapter # 3 – Growth and Development**
TE (Textbook pg# B26 – B31 )

- Essential Questions
  1) What is the function of childbirth?
  2) Why is healthcare important during pregnancy?
  3) Why is teen pregnancy and parenthood risky?

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

- Choose lesson Resource
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- Optional Teacher Resource
  Chapter Resource - ( pg B2C )
  Transparency # 42, #17, #50

- Optional Web Tool
  - www.mmhhealth.com

- Option
  - Teachers for Grade 6 will probably choose to separate the Boys and Girls in their classes for the lesson.

**Lesson #6 Being Safe at Home and Outdoors**
Unit # – C – Personal Health and Safety
**Chapter # 6 Violence and Injury Prevention**
TE (Textbook pg# C62 – C67 )

- Essential Questions
  1) What are some ways to be safe in the kitchen?
  2) What are some ways to prevent falls?
  3) What are some ways to prevent fires, shock, poisoning, and suffocation?
  4) What are some ways to be safe while playing, riding bikes, skating, and swimming?

- 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 C46C )
Transparency # 47

Optional Web Tool
o www.mmhhealth.com

Lesson # 7 – Drugs and Medicines
Unit # – D – Drugs and Disease Prevention
Chapter # 7 Alcohol, Tobacco, and Other Drugs
TE (Textbook pg# D4 – D11 )

• Essential Questions
  1) How do medicines promote health?
  2) How do drugs enter and affect the body?
  3) How is drug abuse dangerous?

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

• Choose lesson Resource
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• Optional Teacher Resource
  Chapter Resource - ( pg DC2 )
  Transparency # 31, #32, #36

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 8 Living a Drug Free Lifestyle
Unit # – D – Drugs and Disease Prevention
Chapter # 7 Alcohol, Tobacco, and Other Drugs
TE (Textbook pg# D12 – D19 )

• Essential Questions
  1) How does drug abuse affect individuals, their families, and society?
  2) Why do some teens abuse drugs?
  3) What are the steps from drug abuse to addiction?

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

• Choose lesson Resource
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Lesson # 9 - Tobacco
Unit # - D - Drugs and Disease Prevention
Chapter # 7 Alcohol, Tobacco, and Other Drugs
TE (Textbook pg# D20 – D27 )

Essential Questions
1) What are the stages of tobacco addiction?
2) What are some effects tobacco has on the body?
3) How are smokeless tobacco and second hand smoke harmful?
4) What are some ways to resist pressures of tobacco usage?

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 DC2 )
Transparency # 33, #47

Optional Web Tool
www.mmhhealth.com

Lesson # 10 Alcohol
Unit # – D – Drugs and Disease Prevention
Chapter # 7 Alcohol, Tobacco, and Other Drugs
TE (Textbook pg# D30 – D37 )

Essential Questions
1) What are the effects of alcohol on the body?
2) What effects does alcohol have on decision making and relationships?
3) What are the short and long term effects of drinking alcohol?
4) What are some resistance skills to resist peer pressure and drinking alcohol?

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
Lesson # 11 Illegal Drug Use
Unit # – D – Drugs and Disease Prevention
Chapter # 7 Alcohol, Tobacco, and Other Drugs
TE (Textbook pg# D38 – D45)

- Essential Questions
  1) What are some short and long term effects of using marijuana, inhalants, steroids, stimulants, depressants, narcotics and hallucinogens?

- 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 DC2 )
  Transparency # 34, #48

- Optional Web Tool
  o www.mmhhealth.com

Lesson # 12 Communicable Disease
Unit # – D – Drugs and Disease Prevention
Chapter # 8 Communicable and Chronic Disease
TE (Textbook pg# D50 – D55)

- Essential Questions
  1) What are pathogens and how do they enter the body?
  2) How do the body’s defenses protect against pathogens?
  3) What are some causes, symptoms, and preventions of common communicable diseases?

- 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 D48C )
  Transparency # 35, #36, #46

- Optional Web Tool
  o www.mmhhealth.com
Lesson # 13 Sexually Transmitted Diseases
Unit # – D – HIV Infection and AIDS
Chapter # 8 Communicable and Chronic Disease
TE (Textbook pg# D56 – D61 )

• Essential Questions
  4) What are signs, symptoms, diagnoses, and treatment for sexually transmitted diseases?
  5) Describe the causes and treatment for the HIV infection and AIDS.
  6) How can you reduce your risk of HIV and STD’s?

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

• Choose lesson Resource
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• Optional Teacher Resource
  Chapter Resource - ( pg D48C )
  Transparency # 37, #48

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 14 Noncommunicable Diseases
Unit # – D – HIV Infection and AIDS
Chapter # 8 Communicable and Chronic Disease
TE (Textbook pg# D62 – D69 )

• Essential Questions
  7) Why is it important to keep a family health history?
  8) What are some of the causes, symptoms, and risk reducers for cancers?
  9) What are the causes, symptoms, and risk reducers for heart disease?
 10) How can you care for someone with a communicable disease?

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

• Choose lesson Resource
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• Optional Teacher Resource
  Chapter Resource - ( pg D48C )
  Transparency #48

• Optional Web Tool
  o www.mmhhealth.com

Lesson # 15 Managing Chronic Illneses
Unit # – D – HIV Infection and AIDS
Chapter # 8 Communicable and Chronic Disease
TE (Textbook pg# D70 – D75 )

- Essential Questions
  1. What are some of the most common chronic health conditions?
  2. What are some ways to manage asthma and allergies?
  3. What are some ways to manage chronic health conditions?

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

- Choose lesson Resource
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- Optional Teacher Resource
  Chapter Resource - ( pg D48C )
  Transparency #47

- Optional Web Tool
  o  www.mmhhealth.com

Lesson # 16 Rules of First Aid
Unit # – C – Personal Health and Safety
Chapter # 6 Violence and Injury Prevention
TE (Textbook pg# C74 – C71 )

- Essential Questions
  1) What are some ways to be prepared for any first aid emergency?
  2) How can a person take the initial steps for all emergencies?

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

- Choose lesson Resource
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- Optional Teacher Resource
  Chapter Resource - ( pg C46C )
  Transparency # 46

- Optional Web Tool
  o  www.mmhhealth.com

Lesson # 17 Basic First Aid Skills
Unit # – C – Personal Health and Safety
Chapter # 6 Violence and Injury Prevention
TE (Textbook pg# C78 – C85 )

- Essential Questions
1) What are the steps to give rescue breathing?
2) What are some methods to control bleeding?
3) What are some methods to treat sprains, broken bones, and burns?

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

- Choose lesson Resource
  
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- Optional Teacher Resource
  
  - Chapter Resource - ( pg C46C )
  - Transparency # 29, #30, #46

- Optional Web Tool
  
  www.mmhhealth.com

**Lesson # 18 Severe Weather and Natural Disasters**

Unit # – C – Personal Health and Safety
Chapter # 6 Violence and Injury Prevention
TE (Textbook pg# C68 – C73 )

- Essential Questions
  1) What are some ways to be safe during storms?
  2) What are some ways to be safe in hot and cold weather?
  3) What are some ways to be safe during natural disasters?

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

- Choose lesson Resource
  
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- Optional Teacher Resource
  
  - Chapter Resource - ( pg C46C )
  - Transparency # 28, #41

- Optional Web Tool
  
  - [www.mmhhealth.com](http://www.mmhhealth.com)