

Teacher: CORE Health
 Grade 4-5
 Course: Health Grades 4-5 Month: All
 5 Months

S Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do physical, emotional, and chemical changes effect growth and development.	self-esteem	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	relationships	Bullying Survey	Bullying Student Lesson Plan		10.1.6.A-Concepts of Health ~ Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
How is bullying a health issue?	stress			Bullying Lesson Plan	School Safety		10.3.6.C-Safety and Injury Prevention ~ Describe strategies to avoid or manage conflict and violence.
		Recognize the physical, emotional, and chemical changes in development between childhood and adolescence.	esteem	Analyze Webisode Characters	Webisodes	library	
	families		childhood				
	education	Describe the interrelationships of mental, emotional, and physical health. Analyze reasons a person would demonstrate bullying behaviors.	adolescence				
	puberty		adulthood				
	reasons why people become bullies	Recognize the difference between bullying and rude behavior.	bullying				
	positive ways to resolve conflict	Demonstrate four ways to deal with a bullying situation.	mediation				

avoidance strategies for bullying

non verbal

MEH1.2.6 Explain why it is wrong to tease or bully others.

Unique Accept

O Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
t What are the functions of the major human body systems?	circulatory system/ circulation	Analyze the role of major body systems.	circulation	Fourt Grade Muscular System	Muscular System		10.1.6.B-Concepts of Health ~ Identify and describe the structure and function of the major body systems.
o				Fifth Grade Skeletal Practicum	Skeletal System		
b How does healthy decision making effect major body systems?		Identify the components of major body systems.	heart-related vocabulary: atria, ventricle, aorta, septum, veins, arteries, capillaries	Body Systems Poster			
e	muscular system/ structure and function						
r			skeletal-related vocabulary: individual bone names (major), joint, cartlidge				
		Explain the relationship between a healthy diet and a healthy body.					

skeletal system/
structure and
function

NHES #1: Students will
comprehend concepts
related to health
promotion and disease
prevention to enhance
health.

muscular-
related
vocabulary:
individual
muscle names
(major),
ligament

NHES #7: Students will
demonstrate the ability
to practice health
enhancing behaviors and
avoid or reduce health
risks.

N Nutrition and Physical
Activity

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
v	How does a healthy diet impact overall health?	nutritional labels	NHS #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	calorie	Create-a-Meal	Food Labels		10.1.6.C-Concepts of Health ~ Analyze nutritional concepts that impact health.
e	How do you determine a valid nutritional resource?		Describe the relationship between caloric intake, physical activity, and a healthy weight.		What's on the Label?	Mission Nutrition		
m		ingredients list		serving size	Food Labels	Nutrition Blast Off	Phoenixville Hospital -- Vicky Natale	
b			Analyze food labels to determine the important nutritional information.					
e		food intake vs. physical activity		nutrition				
r			Create menus that provide nutrient-rich meals.					

calorie counting

nutrients:
carbohydrates
, protein, fat.
water,
vitamins,
minerals

Recognize the nutritional requirements for specific stages of development.

recommended daily allowance

sodium

fiber

D Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Why is it important to know the type of germ that is making us sick?	function of immune system	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	germs: bacteria, protozoa, fungi, virus	Germ Riddle	The Sneeze		10.1.6.E-Concepts of Health ~ Identify and describe health problems that can occur throughout life.
Why is it important to know the steps to take when trying to prevent spreading germs?	personal responsibility in preventing the spread of germs	NHES #3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	toxin		Germ Riddle	Germ Riddle	
	4 common germs	Identify ways to prevent the spread of germs. Recognize common germs and their symptoms.	symptom				

J Drugs, Alcohol, Tobacco

	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
an	What are strategies for avoiding drugs, alcohol, and tobacco?	decision-making	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	nicotine	Natural High Narrative	Tobacco- 4	Video: "Smokin' Somebody Stop Me!"	10.1.6.D-Concepts of Health ~ Explain factors that influence childhood and adolescent drug use.
u				addiction	Anti-Tobacco Poster	Smokin' Somebody Stop Me		
ar	What is the connection between using drugs, alcohol and tobacco?	refusal skills	Recognize basic facts about drugs, alcohol, and tobacco.	tobacco			Video: "Natural High"	
y		peer pressure	Analyze effects of drugs, alcohol, and tobacco on body systems.					
		effect to body systems	Identify reasons people would use/abuse drugs, alcohol, and tobacco. Demonstrate refusal skills and goal setting in relation to using drugs, alcohol, and tobacco. Analyze the relationship between using tobacco and using alcohol or other drugs NHES #4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.					

F Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What responsibilities do students have for promoting personal health to prevent disease?	personal health practices	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health Demonstrate a variety of behaviors to maintain or improve personal health.	hygiene	Personal Hygiene Hygiene Detective	Personal Hygiene Hand Washing		10.2.6.A-Healthful Living ~ Explain the relationship between personal health practices and individual well-being.
			influenza				
		Explain ways to prevent common childhood health problems.					
		Identify when it's important to seek health care.	obesity				

M Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Where can you find product information to help make an informed, healthy decision?	sunscreen	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	warning	Internet Safety Warning Labels	Cyberbullying Warning Labels		10.2.6.B-Healthful Living ~ Explain the relationship between health-related information and consumer choices. 10.2.6.C-Healthful Living ~ Explain the media's effect on health and safety issues.
How have changes in technology led to health issues?	tobacco warnings warning labels	Analyze food label information and understand its relationship to personal health. Interpret the meaning of warning labels.	label cyberbullying				

Identify characteristics of valid health information products.

social networking and impact on health truth in advertising

A Intentional and Unintentional Injuries

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do the media influence our healthy choices?	media: television, movies, internet, print, radio	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. NHES #4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	media	Advertisements	Advertisements		10.2.6.C-Healthful Living ~ Explain the media's effect on health and safety issues.
Why is it important to manage conflict situations in a non-violent manner?	cyberbullying	Identify media sources that influence health and safety. Demonstrate the ability to make appropriate choices from diverse media sources.	advertisement advocate discerning	Cybersafety	Social Media Safety		

M Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
What are the specific reponses required in an emergency?	emergency situations		evacuation	Emergency Situation Response	Emergency Stories		10.3.6.A-Safety and Injury Prevention ~ Explain and apply safe practices in the home, school and community.

		NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.		Safety Checklist	Fire safety		10.3.6.B-Safety and Injury Prevention ~ Know and apply appropriate emergency responses.
How can dangerous situations be prevented at home, at school, and in the community?	emergency response		911			Safety Roll Play	
		NHES #5: Students will demonstrate the ability to use decision-making skills to enhance health.					
	preventative measures		prevention				
	plan development and practice	Analyze role in specific emergency situations.	prepared				
	student role and response	List four steps to take in an emergency.					
		Develop a plan for specific emergencies, i.e fire, accident etc.					

J Personal Health

Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does the environment effect our health?	connection of environment to health	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	reduce	Reduce Reuse Recycle	Environmental Health	Song: "Reduce, Reuse, Recycle"	10.2.6.E-Healthful Living ~ Analyze environmental factors that impact health.
		NHES #3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	reuse				

student impact
on environment

Analyze environmental behaviors that impact health. recycle

Demonstrate ways to change the surrounding environment to positively effect health.