

Wallenpaupack Area School District

Wallenpaupack Area Elementary School

Course Title: 5th Grade Health

Length of Course: 40 minutes per week year long

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions, and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

The Academic Standards for Health, Safety and Physical Education provide students with the knowledge and skills that will enable them to achieve and maintain a physically active and healthful life. The attainment of these standards will favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving to their highest academic potential.

Pennsylvania State Standards:

- **Concepts of Health**
- **Healthful Living**
- **Safety and Injury Prevention**

Core Curriculum:

N/A

Course Objectives:

Students will demonstrate the ability to:

- **Concepts of Health**
 - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
 - Identify and describe the structure and function of the major body systems.
 - Analyze nutritional concepts that impact health.
 - Explain factors that influence childhood and adolescent drug use.
 - Identify health problems that can occur throughout life and describe ways to prevent them.
- **Healthful Living**
 - Explain the relationship between personal health practices and individual well-being.
 - Explain the relationship between health-related information and consumer choices.

- Explain the media’s effect on health and safety issues.
 - Describe and apply the steps of a decision-making process to health and safety issues.
 - Analyze environmental factors that impact health.
- **Safety and Injury Prevention**
 - Explain and apply safe practices in the home, school and community.
 - Know and apply appropriate emergency responses.
 - Describe strategies to avoid or manage conflict and violence.
 - Analyze the role of individual responsibility for safety during physical activity.

Students will master the skills of:

Major Activities to Support Course Objectives:

- At teacher’s discretion

Student Responsibilities:

Attendance expectations:

- Regular, consistent attendance is a prerequisite to successful school life.

Assessment:

Grading Components:

- Participation
- Class work
- In-class projects
- Role-playing
- Quizzes / Tests

Content Pacing Guide:

| Topic | Major Assignments | Estimated Time (Month) |
|-----------------------|--|------------------------|
| Nutrition | Healthy Choices – Organic/Vegan Options Understanding Eating Disorders Creating Healthy Meals Smart Snacking | 4 Lessons |
| Disease and Germs | Diseases Review Communicable vs. Non-Communicable Review HIV and AIDS Understanding the Immune System | 4 Lessons |
| Body Systems | Review Respiratory System Review Skeletal System Review Muscular System Review Circulatory System Introduce Nervous System | 6 Lessons |
| Family and Friendship | Qualities of Family and Friends | 2 Lessons |

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| Drug Prevention | Alcohol / Tobacco / Vaping Marijuana Habit / Addiction / Consequences / Peer Pressure | 10 Lessons |
| Safety | Bike Safety First Aid | 2 Lessons |
| Growth and Development | Puberty Acceptance of Differences Social and Mental Health Anxiety and Coping Strategies | 5 Lessons |
| Decision Making | Peer Pressure / Bullying Conflict Resolution | 3 Lessons |
| | | 36 |