

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate understanding all procedures from previous years. 2. Know procedures to follow in emergencies until help arrives. <ol style="list-style-type: none"> a. Perform rescue breathing. b. Perform first aid for choking, electric shock, poisoning. c. Know classification of burns and first aid for burns. 3. Recognize the dangers of boating and water activities. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> 1. Review harmful effects of tobacco and spit tobacco. 2. Demonstrate comprehension about mind-altering drugs and their use. 3. Recognize positive qualities they possess to increase confidence and to resist pressure. <ol style="list-style-type: none"> a. Demonstrate how to resist pressure and to say no effectively. b. Identify and analyze media influences about tobacco and other drugs. c. Know that choices have consequences. d. Identify negative consequences of violent ways of dealing with conflict. e. Identify the influence of older students as role models. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> 1. Identify how advertising and other factors influence the use of health products and services. 2. Identify ways individuals can protect themselves from unsafe or fraudulent health products and services. 		
Suggested Activities	Assessment	Resources

Diocese of Jefferson City Curriculum Guide

Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate basic knowledge of the systems of the body and how they can be protected from disease (cardiovascular diseases, cancer, diabetes). 2. Identify negative health behaviors and describe how they affect the body and contribute to the development of disease (tobacco use, poor food choices, lack of sleep and exercise, stress, lack of cleanliness, inappropriate use of drugs). 3. Identify non-communicable diseases (cancer, heart disease, diabetes, epilepsy, arthritis, multiple sclerosis, muscular dystrophy, and cerebral palsy). <ol style="list-style-type: none"> a. Some are caused by poor nutrition, by aging, some are hereditary, some caused by living and working conditions, some remain a mystery. 		
Suggested Activities	Assessment	

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Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
<ol style="list-style-type: none"> 1. List the positive factors of the environment that contribute to the quality of life. 2. Identify sources of air, water, land and noise pollution and cite specific ways each can be reduced. 3. Identify the need for sanitation in our society and the steps that can be taken by individuals and society to ensure proper sanitation. 4. Identify the need for vaccinating animals and analyze the responsibility of individuals to have animals vaccinated. 5. Recognize the current environmental factors which will have an impact on future generations. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> 1. Define the term “mental health” and identify mental health problems that frequently arise among individuals and in society. 2. Identify moods and emotions (frustration, loneliness, happiness, anger, affection, love, hate) and describe how they may give rise to mental health problems. 		
Suggested Activities	Assessment	Resources

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Content Area: Health
 Grade Range: Fifth Grade
 Section/Heading: 5G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
<ol style="list-style-type: none"> 1. Analyze the changing family roles and explain their influence on family food patterns. 2. Demonstrate the ability to use the basic food groups as a guide for planning a balanced diet. 		
Suggested Activities	Assessment	Resources