

Identifier	Poplar - Grade 5 - Health	Introduced	Completed
5 H 1	HEALTH PROMOTION/ DISEASE PREVENTION		
5 H 1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.		
5 H 1.2	Name and explain the stages of growth and development.		
5 H 1.3	Identify the key nutrients and the relationship of a balanced diet and these nutrients to health.		
5 H 1.4	Describe how family, peers, and information influence the use, misuse, and abuse of drugs.		
5 H 1.5	Explain procedures for personal safety when confronted with violence or other hazards.		
5 H 1.6	Describe how behaviors, pathogens, genetic history, and other factors are related to disease prevention.		
5 H 1.7	Identify programs designed to promote community health.		
5 H 1.8	Explain the relationship of the environment to positive health behaviors and the prevention of injury, illness, disease, and premature death.		
5 H 1.9	Explain how diseases are transmitted.		
5 H 2	HEALTH INFORMATION / ACCESSING INFORMATION		
5 H 2.1	Identify community sources that provide preventive health care.		
5 H 2.2	Demonstrate proper use of a fire extinguisher.		
5 H 2.3	List safety rules for riding bike.		
5 H 2.4	Develop a baby sitter's guide.		
5 H 2.5	Identify the function of each of the major body systems: circulatory, digestive, respiratory, nervous, and reproductive.		
5 H 2.6	Describe situations requiring professional health services.		
5 H 3	HEALTH ENHANCEMENT / SELF MANAGEMENT		
5 H 3.1	List consequences of harassment, fighting, and intimidation.		
5 H 3.2	List desirable personal qualities.		
5 H 3.3	Understand the concept of warming up prior to an activity.		
5 H 3.4	Identify effects of aerobic and anaerobic exercise.		
5 H 3.5	State the legal age for the purchase and use of tobacco and alcohol.		
5 H 3.6	Explain physical, emotional, and social changes that occur as one approaches puberty.		
5 H 3.7	Demonstrate anger management techniques.		
5 H 3.8	Demonstrate refusal skills and ways to seek assistance.		
5 H 3.9	Distinguish between safe and risky/harmful behaviors.		
5 H 3.10	Demonstrate strategies to manage stress.		
5 H 3.11	Perform basic safety, first aid, and life-saving techniques.		
5 H 4	INFLUENCES		
5 H 4.1	Compare and contrast factors responsible for differences in health behavior and health services in different cultures.		
5 H 4.2	Describe ways technology can influence health and chronic disease.		
5 H 4.3	Analyze how stated and implied messages from media influence health behaviors.		
5 H 5	INTERPERSONAL COMMUNICATION		
5 H 5.1	Dramatize decision-making and problem-solving situations involving interactions with others.		
5 H 5.2	List characteristics that help maintain friendships, and compare yourself to the list.		
5 H 5.3	Demonstrate helpful strategies for dealing with social pressures to use drugs, alcohol, and tobacco.		
5 H 5.4	Refine skills and strategies for solving interpersonal conflicts without harming self and others.		
5 H 6	DECISION MAKING / GOAL SETTING		
5 H 6.1	Demonstrate a collaborative decision-making process to resolve health issues and problems that includes an examination of alternatives and consequences.		
5 H 6.2	Set an individual health goal and identify the steps necessary to achieve it.		
5 H 6.3	Predict how decisions regarding health behaviors have consequences for self and others.		
5 H 6.4	Explain when to ask for assistance in making health-related decisions and setting health goals.		
5 H 7	PERSONAL AND COMMUNITY HEALTH		
5 H 7.1	Demonstrate the ability to work independently when promoting health for self and others.		
5 H 7.2	List at least three activities through which a family can promote community health.		
5 H 7.3	Encourage others to make healthy choices.		