

STRATFORD PUBLIC SCHOOLS

Elementary Health Department –The Great Body Shop

Curriculum Scope and Sequence Grade 5 & 6

Grade	Concept/Units	Application-Students will:
5	First Aid Facts	<ul style="list-style-type: none">• Define first aid and explain the role it plays in emergency situations• Explain the importance of developing first aid skills and the value of assertive strategies when asking for assistance during an emergency.• Identify the roles of public safety groups in community and how to ask for help.• Identify negative behavior and group activities that pose danger as well as identifying existing potential safety hazards.• Demonstrate a sense of and connection and responsibility to others by taking safety precautions.
	Brainstorm: Your Central Nervous System	<ul style="list-style-type: none">• Describe the structure and functions of the brain.• Explain the different parts of the central nervous system and how they work.• Explain the effects of drugs on the brain and explore the issue of how doing drugs affects personal values, such as personal responsibility, respect for self and others, honesty, and accountability• List the causes and effects of head injuries and various disorders of the brain.• Develop a sense of empathy for those afflicted with brain disorders.• Practice responsible behaviors, including conflict resolution, to avoid risks that might result in injury to the brain.
	You Are What You Eat	<ul style="list-style-type: none">• Explain the basic nutritional guidelines and nutritional needs of individuals based on age, gender, activity level, and state of health.• Trace the change in values and influences that affect food choice throughout the life cycle.• Plan a diet that is appropriate to your place in the life cycle and one that will be appropriate ten years from now.• List illnesses associated with food handling.• Assess the knowledge level of the community regarding nutrition and the value it is to ones well-being.
	Love Your Lungs	<ul style="list-style-type: none">• Identify the major organs of the respiratory system and describe what they do.• Describe the value of making the healthy choice to remain tobacco free.• Discuss major respiratory diseases and explain their impact on the community.• Discover the effects of smoking on the lungs and the community risk factors for lung disease.

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	Those Crazy, Mixed-Up Emotions	<ul style="list-style-type: none"> • Describe human emotions and their effects on the body. • Build respect for the power of emotions to influence your health. • Express emotions appropriately through communication skills. • Identify events in life which trigger emotions such as grief, depression, anxiety, guilt, and fear. • Develop respect for the importance of a support system. • Explain how to recognize and avoid risky situations involving personal safety. • Increase awareness that sexual harassment is a crime.
	Growing Up	<ul style="list-style-type: none"> • Explain the endocrine system, including major glands and the role hormones play in stimulating body functions. • Show how responsible behavior can help the growing-up process. • Identify the biological differences between boys and girls. • Identify the connection between good hygiene, your appearance, and feeling good about the way you look. • Define maturity and identify health and safety values that demonstrates maturity • Select and demonstrate appropriate life skills for various situations, including refusal and assertiveness skills, locating resources, and positive alternatives to negative behaviors.
	Danger Ahead: the Truth About Drugs	<ul style="list-style-type: none"> • Define the terms drug use, drug misuse, and drug abuse, and identify the short- and long-term effects of different categories of drugs on the body. • Set a goal to protect your body from misuse and abuse of drugs. • Describe reasons for abusing drugs and how drug abuse by one member affects the whole family. • Identify the ways in which some advertising promotes drug use. • Discuss the danger of misusing and abusing drugs as a method of solving problems. • Explain why drugs won't solve problems.
	About Blood and HIV	<ul style="list-style-type: none"> • Describe how your circulatory system works. • Identify components of the blood and the jobs they do. • Determine how HIV affects the immune system and how is can and cannot be transmitted. • Practice refusal skills, particularly concerning avoiding behaviors that pose life threatening risk of contracting HIV. • Define compassion and empathy especially toward those who are sick.

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6	All the Right Stuff	<p>Explain the role of advertising in consumer behavior, including identifying at least five different tactics used by advertisers.</p> <ul style="list-style-type: none"> • Demonstrate responsibility for checking out advertising claims before making purchasing decisions. • Discover what you need to know and do to be a smart consumer, including analyzing factors that influence your decision to buy. • Identify resources for judging the quality and health risks that might be present in the goods you buy. • Explain what a budget is, how it works, and why it is an important tool for financial success.
	Bones and Muscles	<ul style="list-style-type: none"> • Describe various functions of the skeletal system. • Practice habits which are designed to strengthen and maintain healthy bones and predict the consequences of a poor diet and lack of exercise for your bones • Identify the three muscle types and their functions. • Describe perfect environments in which to perform specific physical activities. • Describe four things which can help to make a body great: positive attitude, daily exercise, nutritious diet, good decision-making skills.
6	Allergies and Asthma	<ul style="list-style-type: none"> • Define the words allergy and asthma and discover how they affect the body. • Simulate allergic conditions to increase empathy for others who have allergies and asthma. • Demonstrate an understanding of your own special needs and medical problems. • Assume personal responsibility for your well-being. • Discover why smoking poses a high risk to people with medical problems, including allergies and asthma. • Explain first aid procedures for allergies, asthma, and other medical problems. • Demonstrate responsible behavior in helping people with medical problems.
	Cells	<ul style="list-style-type: none"> • Discover the different needs and functions of the cells within the body and identify the components common to each type of cell. • Make a commitment to avoid harmful substances affecting the cells. • Explain how cells grow, reproduce, and form tissues, organs, and systems. • Show respect for the complexity and interrelation of systems within the human body. • Explain the function of genetic material in the human body. • Describe what can happen when cells behave abnormally.

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	Eat Right, Feel Great	<ul style="list-style-type: none"> • Describe the Dietary Guidelines. • Demonstrate the positive effects of a healthful diet. • Summarize the factors that are important in responsible meal planning and shopping for a family. • Identify healthful and unhealthful reasons for eating and explain what the consequences can be in certain eating disorders. • Set realistic goals to achieve a healthful energy balance in eating habits. • For each of the steps in food handling (storage, preparation, serving) name a practice which helps to protect yourself or others. • Predict what might happen if there were no food handling rules.
	Keep this Body Safe	<ul style="list-style-type: none"> • Review different safety hazards and the injuries that might result. • Show you are responsible by taking time to analyze risks before doing things that might injure you. • Explain the roles kids play that encourage or discourage bullying. • Participate in efforts to reduce bullying in and out of school. • Identify what might precipitate different kinds of emotions. • Compile a list of those with whom you can talk depending on the type of need. • Define sexual harassment and abuse and demonstrate responsibility by taking a stand against harassment.
	What is Stress?	<ul style="list-style-type: none"> • Define stress and explain the ways it can help or hurt your body. • Practice becoming aware of symptoms of stress in yourself and others. • Describe various sources of stress for different people at different stages of life. • Show how having a feeling of control over one's circumstances can lessen stress. • Describe positive ways of managing and coping with stress. • Respect how your actions can sometimes cause stress for others.
	The Reproductive System	<ul style="list-style-type: none"> • Describe the physical changes which happen to the body during puberty and why they happen. • Recognize the amazing ability of the human body to reproduce. • Compile a list of the routine physical care your body will need as it goes through puberty. • Identify the stages of growth from fertilization to birth. • Practice a healthful routine with regard to sexual activity that will carry throughout your life. • Define emotional maturity and use the decision making steps to make choices regarding age-appropriate behavior. • Practice refusal, assertion, and communication skills for sexual harassment.

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	Addiction	<ul style="list-style-type: none"> • Define physical and psychological addiction and describe the effects of addiction to various behaviors and substances. • State the value and positive benefits of a drug-free lifestyle. • Predict what might happen in the next 10 years to someone age 15 who becomes addicted to substances such as alcohol, drugs, or cigarettes or a behavior such as dieting or gambling. • Identify external and internal pressures that are common in adolescence and ways to cope with these pressures. • Demonstrate how positive values can help you resist pressures to experiment with drugs. • Explain the need for help with alcohol and drug addiction as well as problems that could lead to addiction and identify appropriate resources. • Identify lack of self-esteem as a reason for drug experimentation and describe what can be done to build self-esteem.
	HIV/AIDS: What You Need to Know Now	<ul style="list-style-type: none"> • Define virus in general and HIV specifically, including modes of transmission. • Analyze your knowledge about the transmission of HIV as it relates to risky situations. • Describe how HIV destroys the immune system and makes the patient susceptible to many diseases. • Discover how to protect yourself against HIV. • Compare and contrast a healthy immune system to one infected with HIV. • Predict the consequences of not protecting yourself against illnesses, including HIV.
	A Healthy Environment, It's Up to You	<ul style="list-style-type: none"> • Define the environment and identify the components of a healthful environment. • Explain the importance of a drug and violence-free environment. • Describe ways in which the environment can be polluted. • Explain behaviors which show respect and responsibility in preventing pollution and cleaning up pollution. • Define a safe community and identify the values needed to produce a safe community. • Explain how community resources work together to provide a safe and healthful environment.
	The Sports Report	<ul style="list-style-type: none"> • Describe the benefits of exercise and a sense of responsibility regarding your health. • Identify causes of common injuries in exercise. • Demonstrate the importance of exercising properly to avoid injury. • Explain the effects of steroids and evaluate the worth of having a healthy body against the risk of destroying your health with drugs. • Identify appropriate safety gear for different sports.