

***Health and Fitness: Classroom
Essential Academic Learning Requirements
Grade Level Expectations: 5th Grade***

Name _____

Teacher _____

2.1.1a Describes the structure and function of human body systems.

Identifies basic body systems and their functions: (reproductive, endocrine, immune, integumentary...skin)	Yes	No
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2.1.1b Identifies hereditary factors that affect growth and development.

Describes how the physical, mental and emotional changes that occur during growth affect one's health: (puberty, hormonal, skeletal)	Yes	No
Explains how hereditary factors affect growth and development.	Yes	No

2.1.1c Describes the influence of nutrition on health and development.

Describes how dietary habits (food selection) affect overall health, and growth/development.	Yes	No
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2.2.1a Identifies skills that help in the prevention of non-communicable diseases.

Identifies healthy practices for the prevention of non-communicable diseases: (osteoporosis, alcoholism)	Yes	No
Identifies the practices that reduce risk factors for non-communicable diseases: (environmental)	Yes	No

2.2.1b Identifies and demonstrates skills that prevent and reduce the risk of contracting and transmitting communicable diseases.

Explains and/or demonstrates healthy practices for the prevention of communicable diseases (blood-borne pathogens)	Yes	No
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2.3.1a Explains one's right to personal and physical safety.

Demonstrates appropriate use of personal space.	Yes	No
Defines appropriate and inappropriate touch.	Yes	No
Recognizes the right for the refusal of unsafe activity.	Yes	No

2.3.1b Identifies abuse and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school, and in the community.

Identifies the various aspects of harassment: (bullying, teasing, threatening)	Yes	No
Describes appropriate responses to harassment.	Yes	No
Identifies safe and risky behaviors at home, school, and in the community.	Yes	No
Identifies injury prevention behaviors: (fire, water, bike)	Yes	No
Identifies terms/definitions related to abuse and risky situations.	Yes	No
Illustrates the decision making model (Is it safe? Is it legal? Would your parents approve?) in a script/skit or dialogue.	Yes	No
Dramatizes conflict and anger management situations: (role playing, discuss and evaluate)	Yes	No

2.3.1c Identifies sources to ask for help in an emergency or crisis.

Describes getting/giving reliable help: (peers, teachers, parents, emergency personnel, sheriff, fire, 911, poison control, neighbor, self)	Yes	No
Knows vocabulary definitions: (crisis, emergency, simple or immediate first aid, bee stings, burns, choking, poison, nose bleed)	Yes	No

2.3.1d Identifies the differences between harmful and helpful stress; recognizes signals of too much stress and when to ask an adult for help.

Compare definitions of stress: (eustress and distress)	Yes	No
Identifies signals of stress.	Yes	No
Selects appropriate help: (who, when, how)	Yes	No

2.3.1e Identifies physical, emotional, and legal consequences of using nicotine, alcohol, and other drugs, and applies skills to resist any harmful use of substances.

Demonstrates skills involved in avoiding risky situations including refusal skills.	Yes	No
Recognizes the consequences of alcohol, tobacco, and other drug use: (legal, health risks, parents)	Yes	No

3.2.1a Determines reliable sources of health information.

Lists criteria for judging reliable sources of health information: (parents, medical information, community agencies)	Yes	No
Applies research skills: (fact vs. myth, fiction vs. non-fiction, web-based information)	Yes	No

3.2.1b Identifies messages about safe and unsafe behaviors (such as those found in tobacco or alcohol advertising).

Identifies the techniques the media uses for persuasion: (bandwagon and testimonial as associated with tobacco, alcohol, toy, and food products)	Yes	No
Identifies products, resources, and messages that promote health: (wear seatbelts, bike helmets, video)	Yes	No
Recognizes hidden messages (happier, richer, fit-in, join the crowd)	Yes	No

3.3.1 Applies appropriate social skills to keep out of trouble and resist pressure from others.

Recognizes risky situations and describes how to avoid them: ("I" messages, clear not statements, repeat no statements, suggest alternatives, walk away)	Yes	No
Resolves conflict respectfully through appropriate social skills	Yes	No

3.4.1a Expresses emotions in healthy ways and forms safe and respectful relationships.

Demonstrates problem solving strategies when emotions affect relationships.	Yes	No
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3.4.1b Recognizes a variety of emotions and how they affect self and others and develops strategies about how to act in emotional situations.

Distinguishes how emotions affect self and others when making decisions regarding healthy choices.	Yes	No
Demonstrates appropriate emotional-response strategies.	Yes	No