

# 5<sup>TH</sup> GRADE HEALTH UNITS

Here is our semester broken down by units. We will have 2 classes per cycle for half a school year.

**First Days** – Intro to Health/Safety/Set Routines/Expectations

**Personal Safety** – Safe Practices in the school home and public

**Basic Nutrition** – Review Food Groups, Healthy Choices, Serving Sizes, Gardening

**Mental & Emotion Health** – Growth Mindset, Goal Setting, Decision Making Skills

**The Body** – Growth and Development, Cells, Tissue, Organs, and the Body Systems

**Assessments:** Nutrition Test, Levels of the Body Quiz, Body System Test, and Projects (See Next)

**Projects:** Safety Guide Poster, Myplate of Food, Growthmindset Tracker, Nervous System Critter.

**Classroom Environment:** We will always emphasize positive group dynamics. Specifically those related to attitudes, effort, respect, and leadership. We also will work on being a supportive classmate, rule acceptance, self-awareness, self-regulation, and the appreciation of social and personal responsibility. We believe that these skills are universal and apply to the world outside.