Scope and Sequence

Content Area: **Health**
Course(s): **Health**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The fifth grade health curriculum begins by addressing the social/emotional needs of students by looking at important topics such as peer pressure, managing stress, and conflict resolution. The curriculum then moves into a physical well-being focus, stressing the importance of preventative practices such as dental and physical check ups, personal hygiene, and how to avoid injury. To further the theme of prevention, the next unit explores the concept of remaining drug-free by providing students with knowledge about the dangers of drugs and alcohol as well as working on refusal strategies. Finally, the year ends with an exploration of the changes that may be coming at their age level to their bodies as a result of puberty.

Scope and Sequence

Order of the Unit	Title of the Unit	Time Frame
Unit 1	Social, Emotional, and Family Health	9 Weeks
Unit 2	Personal Health and Safety	9 Weeks
Unit 3	Alcohol, Tobacco, & Other Drugs	10 Weeks
Unit 4	Growth and Nutrition	9 Weeks

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.