

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.