

COURSE	HEALTH			GRADE:	5 TH GRADE
STATE STANDARD:	10.1.6 CONCEPTS OF HEALTH			TIME FRAME:	15 LESSONS
STANDARD STATEMENT	CONTENT WORDS	ESSENTIAL QUESTIONS	KNOWLEDGE AND/OR SKILL	TOPIC	ASSESSMENT
<p>A. DESCRIBE GROWTH AND DEVELOPMENT CHANGES THAT OCCUR BETWEEN CHILDHOOD AND ADOLESCENCE AND IDENTIFY FACTORS THAT CAN INFLUENCE THESE CHANGES.</p> <ul style="list-style-type: none"> • EDUCATION • SOCIOECONOMIC 	<ul style="list-style-type: none"> ▪ ADOLESCENCE ▪ PUBERTY ▪ PHYSICAL CHANGES 	<ul style="list-style-type: none"> ▪ WHAT CHANGES TAKE PLACE DURING ADOLESCENCE? 	<p>CORE CONCEPTS</p> <ul style="list-style-type: none"> ▪ ADOLESCENCE <ul style="list-style-type: none"> ○ PERIODS OF GREAT GROWTH AND CHANGE BETWEEN CHILDHOOD AND ADOLESCENCE ▪ PUBERTY <ul style="list-style-type: none"> ○ PERIOD OF RAPID GROWTH BETWEEN CHILDHOOD AND ADULTHOOD <ul style="list-style-type: none"> • FEMALE CHANGES <ul style="list-style-type: none"> * GROWTH SPURT * ACNE * INCREASE PERSPIRATION * DEVELOPMENT OF BREASTS * WIDER HIPS * BEGINNING OF MENSTRUAL CYCLE * PUBIC HAIR * FORMATION OF EGGS ○ MALE CHANGES <ul style="list-style-type: none"> * BROAD SHOULDERS * DEEPER VOICE * INCREASE IN PERSPIRATION * PUBIC HAIR * ENLARGEMENT OF GENITALS * GROWTH SPURT * PUBIC HAIR 	<ul style="list-style-type: none"> ▪ GROWTH AND DEVELOPMENT BENCHMARK 	<p>QUIZZES, TESTS, OBSERVATION CHECKLIST, VARIOUS ASSESSMENTS OF PROJECTS (INDIVIDUAL, GROUP, PARTNER)</p> <p>RUBRICS</p> <p>PERFORMANCE TASKS</p> <p>TEACHER DESIGNED ASSESSMENTS</p> <p>TEACHER OBSERVATION</p>
<p>B. IDENTIFY AND DESCRIBE THE STRUCTURE AND FUNCTION OF THE MAJOR BODY SYSTEMS.</p> <ul style="list-style-type: none"> • NERVOUS • MUSCULAR • INTEGUMENTARY • URINARY • ENDOCRINE • REPRODUCTIVE • IMMUNE 	<ul style="list-style-type: none"> ▪ REPRODUCTION ▪ URINARY ▪ ENDOCRINE ▪ INTEGUMENTARY 	<ul style="list-style-type: none"> ▪ WHAT IS THE FUNCTION OF THE URINARY SYSTEM? ▪ WHAT IS THE FUNCTION OF THE ENDOCRINE SYSTEM? ▪ WHAT IS THE FUNCTION OF THE REPRODUCTIVE SYSTEM? ▪ WHAT IS THE FUNCTION OF THE 	<p>CORE CONCEPTS</p> <ul style="list-style-type: none"> ▪ URINARY SYSTEM <ul style="list-style-type: none"> ○ RIDS THE BODY OF LIQUID WASTE AND CONTROLS THE AMOUNT OF WATER IN THE BODY ▪ REPRODUCTIVE SYSTEM <ul style="list-style-type: none"> ○ SYSTEM OF ORGANS INVOLVED IN PRODUCING OFFSPRING. MALE AND FEMALE REPRODUCTIVE SYSTEMS ARE DIFFERENT. ○ IS A NORMAL PART OF THE LIFE ○ CYCLE OF LIVING THINGS 	<ul style="list-style-type: none"> ▪ GROWTH AND DEVELOPMENT BENCHMARK 	

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D. EXPLAIN FACTORS THAT INFLUENCE CHILDHOOD AND ADOLESCENT DRUG USE. <ul style="list-style-type: none"> • PEER INFLUENCE • BODY IMAGE • SOCIAL ACCEPTANCE • STRESS • MEDIA INFLUENCE • DECISION-MAKING/REFUSAL SKILLS • RULES, REGULATIONS AND LAWS • CONSEQUENCES 	<ul style="list-style-type: none"> ▪ PEER PRESSURE ▪ NICOTINE ▪ TAR ▪ ADDICTION ▪ ILLEGAL DRUGS ▪ REFUSAL SKILLS ▪ BODY IMAGE ▪ MEDIA INFLUENCE ▪ RULES, REGULATIONS, AND LAWS 	<p>INTEGUMENTARY SYSTEM?</p> <ul style="list-style-type: none"> ▪ WHY IS IT IMPORTANT TO CHOOSE FRIENDS WHO DON'T USE DRUGS? ▪ WHY IS TOBACCO DANGEROUS? ▪ WHAT ARE SOME LAWS YOUNG PEOPLE SHOULD KNOW ABOUT TOBACCO, ALCOHOL, AND OTHER ILLEGAL DRUGS. 	<p>ENDOCRINE</p> <ul style="list-style-type: none"> ▪ A GROUP OF HORMONE-PRODUCING ORGANS THAT MAINTAIN BALANCE BETWEEN ALL BODY SYSTEMS. ▪ INTEGUMENTARY SYSTEM <ul style="list-style-type: none"> ○ SYSTEM THAT INCLUDES THE SKIN, HAIR, AND NAILS. <p>CORE CONCEPTS</p> <ul style="list-style-type: none"> ▪ PEER PRESSURE <ul style="list-style-type: none"> ○ PRESSURE THAT PEOPLE OF A CERTAIN AGE OR STATUS PLACE ON OTHERS TO ENCOURAGE THEM TO MAKE CERTAIN DECISIONS OR BEHAVE IN CERTAIN WAYS. ▪ NICOTINE <ul style="list-style-type: none"> ○ AN ODORLESS AND COLORLESS COMPOUND FOUND IN TOBACCO THAT CAUSES ADDICTIVE BEHAVIOR IN TOBACCO USERS. ▪ TAR <ul style="list-style-type: none"> ○ A STICKY, DARK MIXTURE OF AT LEAST 3,500 CHEMICALS IN TOBACCO SMOKE. ▪ ELECTRONIC CIGARETTES <ul style="list-style-type: none"> ○ (ALSO CALLED E-CIGARETTES OR ELECTRONIC NICOTINE DELIVERY SYSTEMS) ARE BATTERY-OPERATED DEVICES DESIGNED TO DELIVER NICOTINE WITH FLAVORINGS AND OTHER CHEMICALS TO USERS IN VAPOR INSTEAD OF SMOKE. THEY CAN BE MANUFACTURED TO RESEMBLE TRADITIONAL TOBACCO CIGARETTES, CIGARS OR PIPES, OR EVEN EVERYDAY ITEMS LIKE PENS OR USB MEMORY STICKS; NEWER DEVICES, SUCH AS THOSE WITH 	<ul style="list-style-type: none"> ▪ ALCOHOL, TOBACCO, AND OTHER DRUGS <p>INTRODUCTION/ BENCHMARK</p>	

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			<p>FILLABLE TANKS, MAY LOOK DIFFERENT. MORE THAN 250 DIFFERENT E-CIGARETTE BRANDS ARE CURRENTLY ON THE MARKET.</p> <ul style="list-style-type: none"> ▪ ADDICTION <ul style="list-style-type: none"> ○ BEHAVIOR ASSOCIATED WITH REPEATED AND CONTINUAL CONNECTION WITH AN ACTIVITY OR OBJECT ▪ LAWS <ul style="list-style-type: none"> ○ TOBACCO: 18 YRS. OLD TO PURCHASE AND USE ○ ALCOHOL: 21 YRS. OLD TO PURCHASE AND CONSUME ○ MARIJUANA: ILLEGAL IN THE U.S., EXCEPT FOR MEDICAL USE. ▪ ILLEGAL DRUGS ▪ BODY IMAGE ▪ REFUSAL SKILLS <p>***REVIEW AND REINFORCE PREVIOUS CONTENT TAUGHT IN GRADE 3 RELATED TO DRUGS/ALCOHOL AND DECISION MAKING PROCESS INCORPORATE SCENARIOS WITH REFUSAL SKILLS /I MESSAGES</p>		
ENRICHMENT:	JOURNAL WRITING, RELATED READING ACTIVITIES, PEER ASSISTED ACTIVITIES, INDEPENDENT PROJECTS, RESEARCH USING THE LIBRARY, INTERNET, ETC.				
REMEDICATION:	SMALL GROUPS, PEER ASSISTANCE, ADDITIONAL INDIVIDUALIZED ASSISTANCE, VARIATION OF ACTIVITIES/ASSIGNMENTS, MODIFICATIONS AND ACCOMODATIONS.				
RESOURCES:	WWW.HEALTHTEACHER.COM , WWW.CDC.ORG , WWW. COMPREHENSIVE SCHOOL HEALTH EDUCATION/MEEKS HEIT , , HTTP://KIDSHEALTH.ORG/KID/ , WWW.MYPLATE.GOV , HTTP://FNIC.NAL.USDA.GOV/LIFECYCLE-NUTRITION/CHILD-NUTRITION-AND-HEALTH VARIETY OF INTERNET SOURCES AND REFERENCE BOOKS, PA STANDARDS ALIGNED SYSTEM, NATIONAL & STATE HEALTH EDUCATION STANDARDS AND SKILLS, POCONO MOUNTAIN CURRICULUM				