

Springfield Public Schools
K-5 HEALTH

5th Grade
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will develop an awareness of health practices that will foster positive personal health. (HPE2,5; 4.1)
 - Explain the importance of a good self-image and ways to improve it.
 - Explain the need for acceptance of oneself and others and identify how that promotes well-being.
 - Discuss how to deal with problems that cannot be solved.
 - Compare responsible vs. irresponsible health choices and the effects each have upon the body.
 - Describe why prevention of personal health problems should be emphasized rather than treatment of health problems.
 - Show how advertising influences the use of health products and services.

- 2) The student will comprehend concepts related to the basic structure and functions of the human body systems. (HPE1; 1.8, 4.7)
 - Identify health problems associated with particular organs and systems of the body.
 - Identify major body systems and label their parts.
 - Discuss the function of the reproductive system.
 - Identify personal hygiene during puberty.
 - Explain emotional and social changes which occur during puberty.
 - Identify that maturation into adulthood requires learning to respect and care for one's body.

- 3) Students will develop an understanding of safety practices and first aid procedures. (HPE3, 7; 3.4, 3.6, 4.7)
 - Explain the importance of safety rules at home, school and in the community.
 - Describe appropriate first aid procedures in a given situation.
 - Identify emergency situations and determine appropriate responses.
 - Identify public health agencies and define their roles in improving public health.

- 4) Students will be able to determine causes and effects of health problems on the body and recognize those which can be prevented and/or controlled by oneself. (HPE6; 2.6)
 - Evaluate and demonstrate how to reduce risk factors and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use).
- 5) The student will develop an awareness of nutrition. (HPE2; 1.7, 1.10, 3.7, 3.8)
 - Evaluate proper snack items and compare for nutritional value.
 - Demonstrate the ability to use the basic food groups as a guide for planning a balanced diet.
 - Compare and contrast reliable and unreliable information relating to the advertisement of food.
 - Describe how to store and prepare food safely.
- 6) The student will develop an understanding of various types of disease. (HPE3; 3.1)
 - Describe how the body builds immunity and identify conditions which cause a loss of immunity such as medications, HIV infection and other diseases.
 - Identify and locate reliable sources for health information.