

**VECC Health Education  
Grade 5  
Curriculum Guide 2007**

<b>Suggested Time Line</b> How much time will be spent on this learning	<b>Essential Questions and Content</b> What will be taught?	<b>NJCCC Standards</b> What state standards will be met by these objectives?	<b>Instructional Objectives</b> What will the students know or be able to do as a result of this instruction?	<b>Assessment</b> What evidence will I collect that demonstrate that the students have achieved the objective?	<b>Instructional Domain</b> How will the learning be structured?	<b>Instructional Activities</b> What will the students do to achieve the objective?
March  &  April	How do our bones and muscles grow?  Why is making our bones and muscles strong so important?	<b>2.1</b>  A: 1-5 B: 1-3 C: 1-4 D: 1-5 E: 1-4 F: 1-6	Lesson 1: Bones <ul style="list-style-type: none"> <li>• Describe various functions of the skeletal system.</li> <li>• Show how important you think it is that our bones can heal if broken.</li> <li>• Practice habits, which are designed to strengthen and maintain healthy bones.</li> <li>• Predict the consequences of a poor diet and lack of exercise for your bones.</li> </ul> Lesson 2: Muscles <ul style="list-style-type: none"> <li>• Identify the three muscle groups and their functions.</li> <li>• Show how important you feel your body is by making choices that require physical activity.</li> <li>• Set a goal to exercise your muscles and bones 30 minutes a day.</li> <li>• Compare and contrast proper and improper ways to exercise.</li> </ul> Lesson 3: Physical activity and environment <ul style="list-style-type: none"> <li>• Describe perfect environments in which to perform specific physical activities such as inline skating, bicycling, jogging, soccer, etc.</li> <li>• Show how important you feel it is to respect environmental conditions while performing physical activities.</li> <li>• Practice skills needed to avoid sports injury and prevent accidents, which might occur in certain environments.</li> <li>• Use the decision making process to choose alternative physical activities when the environment is unhealthy or dangerous.</li> </ul> Lesson 4: What makes a body great <ul style="list-style-type: none"> <li>• Describe four things, which can help to make a body great: positive attitude, daily exercise, nutritious diet, good decision making skills.</li> <li>• Show how important your feel it is to respect others when participating in sports, including officials, teachers, spectators and other players, whether or not they have the same skill level.</li> <li>• Create a plan to keep your body great and track your progress in following the plan for a month.</li> </ul>	Students will be assessed through: <ul style="list-style-type: none"> <li>• Personal participation in classroom and small group discussions</li> <li>• Personal content &amp; organization of Health notebook &amp; PE exercise journal</li> <li>• Written assignments, projects, and reports               <ul style="list-style-type: none"> <li>- Individual</li> <li>- Group</li> </ul> </li> <li>• Unit Tests and Quizzes</li> </ul>	Learning will take place through: <ul style="list-style-type: none"> <li>• Teacher led instruction</li> <li>• Classroom discussions</li> <li>• Group activities</li> <li>• Graphic organizers</li> <li>• Student participation, performance, tracking and progress of student made exercise program</li> </ul>	Student achievement will take place through: <ul style="list-style-type: none"> <li>• Outlining of teacher led instruction and taking written notes</li> <li>• Participation in classroom discussions</li> <li>• Brainstorming activities</li> <li>• Charting personal graphic organizers in:               <ul style="list-style-type: none"> <li>○ Decision making</li> <li>○ Comparing and Contrasting</li> <li>○ Predicting Consequences</li> </ul> </li> <li>• Creation of student exercise plan</li> <li>• Researching, reading, analyzing and writing about exercise.</li> </ul>
“Bones & Muscles”	What happens to the bones and muscles when injuries occur? How do they heal?  How can we make our body great?					

