

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

Suggested Time Line How much time will be spent on this learning	Essential Questions and Content What will be taught?	NJCCC Standards What state standards will be met by these objectives?	Instructional Objectives What will the students know or be able to do as a result of this instruction?	Assessment What evidence will I collect that demonstrate that the students have achieved the objective?	Instructional Domain How will the learning be structured?	Instructional Activities What will the students do to achieve the objective?
April & May	What are hormones and how do they affect the body? How do I deal with my changing body?	2.1 A: 1-5 B: 1-3 C: 1-4 D: 1-5 E: 1-4 F: 1-6	Lesson 1: Hormones & your body <ul style="list-style-type: none"> Explain the endocrine system including major glands and the role hormones play in stimulating body functions. Show how responsible behavior can help the growing up process. Research and analyze the functions of hormones within the human body. Predict the consequences of various hormones not working properly in the body. 	Students will be assessed through: <ul style="list-style-type: none"> Personal participation in classroom and small group discussions 	Learning will take place through: <ul style="list-style-type: none"> Teacher led instruction Classroom discussions 	Student achievement will take place through: <ul style="list-style-type: none"> Outlining of teacher led instruction and taking written notes Participation in classroom discussions
“Growing Up”	Why is it such a big deal to “look good” and have good hygiene? What are the signs of becoming more mature and how can I tell when it happens to me?	2.4 A: 1-5 B: 1-6	Lesson 2: Growing up male & female <ul style="list-style-type: none"> Identify the biological differences between boys and girls. Show respect for self and others as a maturing adolescent. Practice speaking to opposite sex respectfully, abstaining from sexual harassment. Compare the physical and emotional similarities between boys and girls during puberty. Lesson 3: Good Hygiene & looking good <ul style="list-style-type: none"> Identify the connection between good hygiene, your appearance and feeling good about the way you look. Show that you care about your appearance by identifying good hygiene routines for personal use. Practice hygiene routines for enhanced appearance and analyze the effect on your self-esteem. Analyze influences of consumer products for hygiene and appearance. Lesson 4: Growing up with a healthy attitude <ul style="list-style-type: none"> Define maturity. Identify health and safety values that demonstrate maturity. Select and demonstrate appropriate life skills for various situations, including refusal and assertiveness skills, location resources, and positive alternatives to negative behaviors. Evaluate peer pressure to determine if it is positive or negative. 	Personal content & organization of Health notebook <ul style="list-style-type: none"> Written assignments, projects, and reports <ul style="list-style-type: none"> - Individual - Group Unit Tests and Quizzes 	Learning will take place through: <ul style="list-style-type: none"> Group activities Graphic organizers Role Playing 	Student achievement will take place through: <ul style="list-style-type: none"> Brainstorming activities Charting personal graphic organizers in: <ul style="list-style-type: none"> Decision making Comparing and Contrasting Predicting Consequences Practicing refusal and assertiveness skills during role playing activities.

