

# Grade 5

Adopted 2011

## Physical Education and Leisure

### **2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.**

#### Body Awareness

1. Recognize how the muscular and skeletal systems interact during movement activities [PEL.2.5.1](#)

#### Spatial Awareness

2. Demonstrate spatial awareness in lead-up game situations [PEL.2.5.2](#)

#### Balance and Weight Bearing Activities

3. Use sequences that include rolling, balance, and weight transfer [PEL.2.5.3](#)

#### Rhythms and Dance

4. Perform simple dances in time to music [PEL.2.5.4](#)

#### Manipulative Skills

5. Demonstrate mature motor skills in lead-up game situations:
  - <li>throwing</li><li>catching</li><li>dribbling (hands)</li><li>striking</li><li>volleying</li><li>dribbling (feet)</li><li>kicking</li></ul> [PEL.2.5.5](#)

#### Knowledge and Strategies

6. Recognize appropriate rules and strategies to improve performance in various physical activities [PEL.2.5.6](#)

#### Academic Integration

7. Integrate academic content into physical activities [PEL.2.5.7](#)

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**3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.**

Cardiorespiratory Endurance

1. Understand that heart rate is directly proportional to the intensity of activity [PEL.3.5.1](#)
2. Understand the FITT principle as it relates to cardiorespiratory endurance:
  - Frequency
  - Intensity
  - Time
  - Type[PEL.3.5.2](#)

Body Composition

3. Identify factors contributing to body composition [PEL.3.5.3](#)

Flexibility

4. Recognize the correlation between the stretch and the muscle group involved [PEL.3.5.4](#)

Muscular Strength and Endurance

5. Understand the interaction between muscular strength and muscular endurance. [PEL.3.5.5](#)
6. Participate in high-intensity and low-intensity exercises [PEL.3.5.6](#)

Student Fitness Outcomes

7. Participate in a nationally recognized health-fitness assessment:
  - cardiorespiratory endurance
  - body composition
  - muscular strength and endurance
  - flexibility[PEL.3.5.7](#)

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**4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.**

Benefits of Lifetime Activities

1. Recognize the physical, mental, and emotional benefits of participating in lifetime activities [PEL.4.5.1](#)

Lifetime Sports and Recreation

2. Compare the benefits of competitive sports and lifetime activities [PEL.4.5.2](#)

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**5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.**

Personal Behavior

1. Understand proper attitudes toward winning and losing in a physical activity setting [PEL.5.5.1](#)

Social Behavior

2. Show respect for persons of similar and different skill levels [PEL.5.5.2](#)
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## Health and Wellness

### **6: Human Growth and Development Students shall understand characteristics relating to growth and development.**

#### Body Systems

1. Discuss the basic functions of the following systems:
    - immune
    - endocrine
    - reproductive
    - excretory HW.6.5.1
  2. Examine changes that occur during puberty HW.6.5.2
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### **7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.**

#### Communicable and Noncommunicable Diseases

1. Identify disease causing germs and how the body fights infection HW.7.5.1
  2. Identify common types of communicable and noncommunicable diseases:
    - acute
    - chronic HW.7.5.2
  3. Recognize the warning signs of cancer:
    - change in bowel or bladder habits
    - a sore that does not heal
    - unusual bleeding or discharge
    - thickening or lump in the breast or elsewhere
    - indigestion or difficulty swallowing
    - obvious change in a wart or mole
    - nagging cough or hoarseness HW.7.5.3
  4. Define sexually transmitted infections (STIs) and the various effects (human immunodeficiency virus (HIV), herpes) HW.7.5.4
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### **8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.**

#### Health Information, Services, and Products

1. Discuss cultural beliefs about health behaviors and the use of health services HW.8.5.1

#### Environmental and Community Health

2. Identify pollutants:
  - smog and other gases
  - carbon monoxide
  - tobacco smoke
  - radiation
  - radon HW.8.5.2
3. Discuss how pollutants affect health HW.8.5.3

#### Media and Technology

4. Identify reliable media and technological sources that provide valid health information HW.8.5.4

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**9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.**

Interpersonal Relationships and Human Sexuality

1. Identify the different types of relationships:
  - <li>friendships</li>  - <li>family</li>  - <li>romantic</li></ul> HW.9.5.1
  - 2. Practice verbal/nonverbal communication skills needed for a healthy relationship HW.9.5.2
  - 3. Identify inappropriate behaviors that show disrespect for others:
    - <li>touching</li>    - <li>language</li>    - <li>gestures</li></ul> HW.9.5.3
    - 4. Define abstinence as it relates to risky behaviors HW.9.5.4

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**10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.**

Medicine

1. Identify common misuses of non-prescription and prescription drugs:
  - <li>using another person's prescription medication</li>  - <li>combining drugs for another effect</li>  - <li>over-medicating</li>  - <li>not following prescription instructions</li></ul> HW.10.5.1

Tobacco

2. Discuss the major chemicals in tobacco products:
  - <li>tar</li>  - <li>nicotine</li>  - <li>carbon monoxide</li></ul> HW.10.5.2
  - 3. Recognize nicotine use as both a physical and psychological addiction HW.10.5.3
  - 4. Define gateway drug HW.10.5.4

Alcohol

5. Describe the long term effects of alcohol abuse HW.10.5.5
6. Describe how the abuse of alcohol can affect others HW.10.5.6

Other Drugs

7. Identify drug categories:
  - <li>prescription drugs</li>  - <li>stimulants</li>  - <li>depressants</li>  - <li>hallucinogens</li>  - <li>narcotics</li>  - <li>illicit drugs</li>  - <li>inhalants</li></ul> HW.10.5.7
  - 8. Discuss legal consequences of illicit drug use HW.10.5.8

Refusal Skills and Prevention Strategies

9. Identify ways to resist peer pressure:
  - <li>say "NO"</li>  - <li>suggest an alternative</li>  - <li>walk away</li></ul> HW.10.5.9
  - 10. Analyze media messages concerning drug use HW.10.5.10

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**11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.**

Personal Health

1. Identify strategies and skills to demonstrate self-respect and responsibility:
  - <li>healthy body image</li><li>peer influence</li><li>family influence</li><li>media/advertising influence</li></ul> HW.11.5.1
  - 2. Recognize the warning signs of depression and suicidal thoughts HW.11.5.2
  - 3. Recognize the benefits of safe behavior and the consequences of risky behavior HW.11.5.3
  - 4. Identify depression coping strategies HW.11.5.4

Personal Hygiene

5. Apply skills to prevent and control the spread of disease:
  - <li>correct hand washing</li><li>regular bathing</li><li>washing clothes</li><li>hygiene products</li><li>oral hygiene</li></ul> HW.11.5.5

Oral Health

6. Recognize dental health as an important part of overall health:
  - <li>care of gums and teeth</li><li>proper diet</li><li>use of sport guards</li></ul> HW.11.5.6
  - 7. Identify the hazards of using tobacco products on oral health HW.11.5.7
  - 8. Identify the risks of oral piercing on oral health HW.11.5.8

Safety

9. Discuss safety procedures for the following:
  - <li>weather</li><li>transportation</li><li>food</li><li>fire</li><li>recreational (e.g., swimming, boating, camping, hunting, biking)</li></ul> HW.11.5.9
  - 10. Recognize appropriate procedures to respond to emergency situations, both life threatening and non-life threatening HW.11.5.10
  - 11. Identify violent, verbal and nonverbal, behaviors such as:
    - <li>abuse</li><li>assault</li><li>harassment</li><li>bullying (e.g., verbal, physical, cyber, emotional)</li></ul> HW.11.5.11
    - 12. Identify individuals and other sources to help and report abuse HW.11.5.12

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**12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.**

Healthy Eating Habits

1. Discuss healthy and harmful eating habits:
  - healthy snacks
  - overeating
  - under eating HW.12.5.1
2. Explain how personal food choices relate to proper nutrition (Refer to ChooseMyPlate or USDA) HW.12.5.2

Food and Nutrition

3. Analyze food intake patterns and their nutritional benefits and values HW.12.5.3
4. Compare nutrient information on a variety of food labels HW.12.5.4
5. Recognize common eating disorders:
  - bulimia
  - anorexia nervosa
  - binge eating HW.12.5.5