

WV CSO Curriculum Planning Tool 5th Grade Next Generation Health

Objective	Projected Date	Date Taught	Date Assessed	Date Re-Taught	Date Re-Assessed
HE.5.1.01 identify five dimensions of total wellness & describe typical changes during adolescence that affect these dimensions.					
HE.5.1.02 describe how poor nutrition impacts health risk factors.					
HE.5.1.03 recognize potentially dangerous situations & know how to obtain help.					
HE.5.1.04 describe different organisms that cause diseases.					
HE.5.1.05 identify basic anatomy and explain functions of the body systems.					
HE.5.1.06 identify environmental hazards					
HE.5.1.07 identify three body changes of puberty for males and females and describe two feelings that may change/emerge during puberty					
HE.5.1.08 describe precautions and treatments for exposure to the elements					
HE.5.2.01 discuss how risk behaviors as seen through the media may influence a student's future behaviors					
HE.5.2.02 identify ways that peers, societal norms, and the media influence the development of eating disorders.					
HE.5.2.03 describe how health practices are impacted by cultural differences					
HE.5.2.04 discuss how peers can influence healthy and unhealthy behaviors.					
HE.5.2.05 describe ways technology can have a positive and negative influence on personal health.					
HE.5.2.06 describe how families, schools, and communities can support personal health practices and behaviors.					
HE.5.3.01 investigate community agencies that promote safety.					
HE.5.3.02 identify legal and illegal drugs					
HE.5.3.03 identify characteristics of valid health information products and services.					
HE.5.3.04 locate home, school, community, & web resources that provide valid health information.					
HE.5.4.01 identify effective verbal and non-verbal communication skills					
HE.5.4.02 demonstrate positive coping and conflict resolution skills to help manage upset feelings and/or difficult situations.					
HE.5.4.03 display refusal skills to avoid risky behaviors or situations					
HE.5.4.04 demonstrate assertive strategy methods when asking for help in emergency					
HE.5.5.01 identify health-related situations that require thoughtful decisions					
HE.5.5.02 know when to ask for assistance					
HE.5.5.03 list healthy strategies to solve health-related issues or problems					
HE.5.5.04 predict both positive and negative potential outcomes when making health-related decisions.					
HE.5.6.01 describe disease prevention plans and strategies					
HE.5.6.02 identify strategies to change an unhealthy behavior					
HE.5.6.03 set a personal health goal, identify resources to assist in achieving the goal, and track progress toward its achievement.					
HE.5.7.01 distinguish between safe, risky, or harmful relationships and list strategies to reduce threatening situations					
HE.5.7.02 identify biological changes related to puberty and list hygiene practices					
HE.5.7.03 demonstrate techniques for managing stress (e.g., exercising, meditation).					
HE.5.7.04 compare and contrast the nutritional facts on food labels,					
HE.5.7.05 demonstrate a variety of strategies to avoid or reduce health risks.					
HE.5.8.01 identify recommended & required vaccinations from birth through adulthood.					
HE.5.8.02 propose family menus that meet dietary guidelines and encourage family members to make positive health choices.					
HE.5.8.03 generate a convincing argument for considering nutritional value of foods when making personal food choices.					
HE.5.8.04 discuss roles in helping community efforts to prevent and control disease, protect natural resources, reduce injuries and prevent pollution through service agencies, regulations and laws.					