

## SWALLOW SCHOOL DISTRICT CURRICULUM GUIDE

**Curriculum Area:** Health

**Course Length:** 4 days

**Grade:** 5th

**Date Last Approved:** March 15, 2017; Reviewed Spring 2021

### Stage 1: Desired Results

**Course Description and Purpose:**

Health education in fifth grade is based on developing skills in relation to age appropriate health topics. By developing skills related to effectively accessing health resources, communicating, analyzing influences, goal setting, decision making, and health advocacy, students at Swallow School will be able to achieve and maintain optimal wellness.

**Enduring Understanding(s):**

1. The human body goes through natural changes in a stage known as puberty, as it prepares to become an adult.
2. The changes of puberty require changes in personal hygiene and cleanliness to keep the body healthy.
3. The emotional changes associated with puberty can be challenging and could require self advocacy and/or counseling

**Essential Question(s):**

1. What is optimal growth and development?
2. Why are some aspects of puberty "embarrassing"?
3. What is "normal"?
4. What could happen if I did not tell someone about my health condition?
5. Why is it important to ask for what I need?

**Learning Targets:**

1. Students can demonstrate practices that promote a healthy lifestyle. (Skill)
2. Students will identify factors that influence health behaviors. (Knowledge)
3. Students will access health related information from valid sources. (Reasoning)

### Stage 2: Learning Plan

**I. Human Growth and Development**

- A. Life cycle
- B. Pituitary gland and Puberty
- C. Gender appropriate reproductive system
- D. Emotional changes in relation to Puberty

**Standards:**

WI DPI State Standards for Health Education: 1:2:A1-A3, 5:2:A1-A2, 5:2:B1-B2, 7:2:A1, 7:2:B1-B2, 8:2:A1-A2

**Learning Targets Addressed:**

Target 1    Target 2    Target 3

**Key Resources:** Boy to Man, Girls to Women Video, Teacher Created Resources

**Assessment Map:**

Type	Level	Assessment Detail
Practice	Knowledge	In class activities
Formative	Knowledge	Written response
Summative	Knowledge	Parent-joined discussion to conclude unit

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