

# BISD Health Education – Grade 5 Integration into the Current Curriculum

Key:

Daily reinforcement

PE - Physical Education

HLAY – Here’s Looking at You

SC – Science

SS – Social Studies

Music

LA– Language Arts

RE - Reading

Campus Counselor/Nurse Program

Health TEK	Student Expectation	Integration	Documented
5.1A	Examine and analyze food labels and menus for nutritional content		
5.1B	Apply information from the food guide pyramid to making healthy food choices	PE 5.4F Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines	
5.1C	Identify foods that are sources of one or more of the six major nutrients		
5.1D	Calculate the relationship between caloric intake and energy expenditure	PE 5.4F Identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines	
5.1E	Differentiate between health-related and skill-related physical activities	PE 5.3A Participate in moderate to vigorous physical activities on a daily basis that develop health-related fitness	
5.1F	Analyze the components of a personal health maintenance plan for individuals and families such as stress management and personal safety	PE 5.5C Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing injuries during physical activity	

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Prepared by Office of Curriculum Facilitators – 6/15/05

S. Speir & A. Artley

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5.2A	Describe the structure, functions, and interdependence of major body systems	<p><b>SC 5.5B</b> Describe some interactions that occur in a simple system</p> <p><b>PE 5.4E</b> Describe the structure and function of the muscular and skeletal system as they relate to physical performance such as muscles pull on bones to cause movement, muscles work in pairs, and muscles work by contracting and relaxing</p> <p><b>PE 5.4G</b> Describe common skeletal problems and their effect on the body such as spinal curvatures</p>	
5.2B	Identify and describe changes in male and female anatomy that occur during puberty		
5.3A	Describe methods of accessing health information	<b>RE 5.13C</b> Use multiple sources, including electronic texts, experts, and print resources, to locate information relevant to research questions	
5.3B	Demonstrate ways to communicate health information such as posters, videos, and brochures	<b>RE 5.10L</b> Represent text information in different ways such as in outline, timeline, or graphic organizer	
5.4A	Explain how to maintain the healthy status of body systems such as avoiding smoking to protect the lungs	<p><b>PE 5.4C</b> Match different types of physical activity with health-related fitness components</p> <p><b>PE 5.4H</b> Describe the changes that occur in the cardiorespiratory system as a result of smoking and how those changes affect the ability to perform physical activity</p> <p><b>PE 5.4I</b> Describe how movement and coordination are effected by alcohol and other drugs</p>	

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5.4B	Relate the importance of immunizations in disease prevention		
5.4C	Distinguish between myth and fact related to disease and disease prevention	<b>RE 5.10J</b> Distinguish fact and opinion in various texts <b>SC 5.3B</b> Draw inferences based on information related to promotional materials for products and services	
5.4D	List the effects of harmful viruses on the body such as polio, Human Immunodeficiency Virus (HIV), and the common cold		
5.4E	Explain how to manage common minor illnesses such as colds and skin infections		
5.5A	Describe the use and abuse of prescription and non-prescription medications such as over-the-counter		
5.5B	Compare and contrast the effects of medications and street drugs		
5.5C	Analyze the short-term and long-term harmful effects of alcohol, tobacco, and other substances on the functions of the body systems such as physical, mental, social, and legal consequences		

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5.5D	Identify and describe alternatives to drug and substance use		
5.5E	Demonstrate strategies for preventing and responding to deliberate and accidental injuries		
5.5F	Explain strategies for avoiding violence, gangs, weapons and drugs		
5.5G	Describe response procedures for emergency situations		
5.5H	Describe the value of seeking advice from parents and educational personnel about unsafe behaviors		
5.5I	Explain the impact of neglect and abuse		
5.6A	Distinguish between healthy and harmful influences of friends and others		
5.6B	Describe the characteristics of healthy and unhealthy friendships		
5.6C	Identify ways to enhance personal communication skills	<b>RE 5.5B</b> Demonstrate effective communications skills that reflect demands such as interviewing, reporting, requesting, and providing information	
5.6D	Analyze respectful ways to communicate with family, adults, and peers	<b>Daily reinforcement</b> Listen to others, raise hand to speak, do not interrupt	

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5.6E	Demonstrate ways of communicating with individuals who communicate in unique ways such as having a speech defect and not speaking English		
5.6F	Apply and practice strategies for self-control		
5.6G	Describe strategies for stress management		
5.7A	Research the effect of media on health-promoting behaviors		
5.7B	Identify the use of health-related technology in the school such as audiometry and the Internet		
5.8A	Explain the importance of communication skills as a major influence on the social and emotional health of the individual and family		
5.8B	Describe daily and weekly activities that promote the health of a family		
5.8C	Describe how a safe school environment relates to a healthy community		

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5.8D	Identify environmental protection programs that promote community health such as recycling, waste disposal, or safe food packaging	<b>SC 5.1B</b> Make wise choices in the use and conservation of resources and the disposal or recycling of materials	
5.9A	Describe health-related situations that require parent/adult assistance such as a discussion of the health-related consequences of high-risk health behaviors or going to a doctor		
5.9B	Assess the role of assertiveness, refusal skills, and peer pressure on decision making and problem solving		
5.9C	Utilize critical thinking in decision making and problem solving	<b>SS 5.27B</b> Use a decision-making process to identify a situation that requires a decision, gather information, identify options, predict consequences, and take action to implement a decision	
5.9D	Describe benefits in setting and implementing short and long-term goals		
5.9E	Explain the necessity of perseverance to achieve goals		
5.9F	Explain the importance of parent/trusted adult guidance in goal setting		

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