

MENDHAM TOWNSHIP
COMPREHENSIVE HEALTH CURRICULUM

[rev. 6/1/05]

GRADE 5

I. Safety and Injury Prevention

Students should demonstrate the ability to:

- A. Identify current school safety policies and explain how they are enforced 2.1 E1(4)
- B. Demonstrate an awareness of safety rules for the home, such as those related to electrical and fire safety 2.1 E1(4)
- C. Recognize the potential hazards related to recreational activities such as boating, bicycling, automotive use and water sports 2.1 E2(2)
- D. Identify factors that could lead to physical and emotional abuse, and what can be done if these situations arise 2.1 E4(6)

II. Social and mental Health

A. Social Health

Students should demonstrate the ability to:

1. Resolve conflicts with peers in a healthy manner 2.1 F2-3(6)
2. List those qualities that determine a true friend 2.4 A3(6)
3. Utilize refusal skills when dealing with peer pressure 2.3 C3(6); 2.4 A4(6)
4. Choose a non-violent approach for dealing with bullying, and utilize appropriate resources if intervention becomes necessary 2.1 F3(6)

B. Mental Health

Students should demonstrate the ability to:

1. Identify stressful situations 2.1 F4(6)
2. Devise strategies for dealing with stress 2.1 F5(6)
3. Describe the physical and psychological effects of stress 2.1 F4(6)
4. Evaluate a method for relieving stress caused by family changes 2.1 F5(6); 2.4 A2(6)
5. Identify various strategies that can help with bullying and teasing 2.1 F3(6)
6. Explain the need for a positive self-image 2.1 F1(6)
7. Describe the characteristics of a healthy person – physical, social, emotional, and intellectual 2.1 B2(6)

III. Nutrition and Fitness

A. Nutrition

Students should demonstrate the ability to:

1. Explain dietary guidelines and principles of the food guide pyramid 2.1 C1-2(6)
2. Interpret food labels, including ingredients, serving size, and nutritional information 2.1 C3(6)
3. Analyze diets for nutritional balance and a wide variety of food choices 2.1 C4(6)
4. Identify the important nutrients found in various foods 2.1 C3(6)

Note: The numbers in parentheses indicate the grade level by which the New Jersey Core Curriculum Content Standard listed must be addressed.

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B. Fitness

Students should demonstrate the ability to:

1. Recognize the important role that physical education plays in maintaining a healthy body 2.1 C4(6); 2.6 B1(6)
2. Understand the relationship between exercise and fitness 2.6 A6(6)
3. Determine and record pulse rates to monitor target heart rate zones 2.6 C2-3(6)
4. Demonstrate proper technique used in warm-up exercises and cool-down following exercise 2.6 B1(6)
5. List the various components of fitness 2.6 C1(6)
6. Identify those exercises that target specific muscle groups
7. Identify behaviors and activities that reduce the risk of cardiovascular disease 2.1 C4(6)

IV. Drugs, Alcohol, and Medications

Students should demonstrate the ability to:

- A. Identify and understand over-the-counter and prescription drugs 2.3 A1(6)
- B. Distinguish between legal and illegal drugs 2.3 B5(6)
- C. Understand the body systems affected by drugs 2.3 B6(6)
- D. Distinguish between accurate, reliable information and myths
- E. Explain the physical effects of alcohol, tobacco, and other drugs such as marijuana, cocaine, heroin, and hallucinogens 2.3 B6(6)
- F. Understand and appreciate the far-reaching impact of drug use on the individual and the family unit 2.3 C4(6)
- G. Recognize the signs and symptoms of chemical dependency as well as where to go for help with a problem 2.3 C1-2(6)
- H. Identify misleading advertisements that promote and encourage drug use 2.3 C3(6)
- I. Identify ways to cope with the problem or seek assistance when confronted with situations involving drug use 2.2 B1-3(6)
- J. Identify the physical and behavioral effects of smoking cigarettes, chewing tobacco, and using marijuana 2.3 B2-3(6)
- K. Use refusal skills to say no to drugs 2.1 A4(6); 2.2 B1(6)
- L. Identify the harmful substances in tobacco and explain their effects on the body 2.3 B1(6)
- M. Explain the effects of inhalants on the body 2.3 B4(6)
- N. Explain and understand the facts about caffeine and how it affects the body 2.3 B6(6)
- O. Recognize and explain the effects of alcohol on the body and the mind 2.3 B1,3(6)
- P. Discuss and understand the various risks and dangers inherent in our society, as well as the negative impacts they have on the family structure 2.3 C1,4(6)
- Q. How to deal with drug dependency as well as the roles of the various treatment programs that are available 2.3 C2(6)
- R. Explain and understand the health risks to non-smokers as a result of breathing secondary smoke 2.3 B2(6)

