

Student-s Name _____ Course Name Elementary -Comprehensive School Health - (Grade 5)

R - retain, D - delete, C - changed

Outcomes

R D C Changed Outcome

MENTAL HEALTH				
The grade five student will				
1 identify personal interests, abilities and strengths				
2 understand the basic concept of self-efficacy and some factors which influence it				
3 understand the interrelationship of physical and mental health, and general well-being				
4 understand that the way we are treated impacts on self-esteem and general emotional well-being				
5 recognize what is realistic in terms of personal achievement				
RELATIONSHIPS				
The grade five student will				
1 recognize that a peer is someone in the same age group				
2 realize that one-s behavior may be influenced by peers				
3 identify some positive and negative peer influences				
4 identify reasons why peer pressure is effective				
5 describe ways to counteract negative peer pressure				
6 understand how male/female stereotyping affects a child-s role in some families				

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7	identify ways of eliminating male/female stereotyping				
8	apply the decision-making process to daily activities				
9	examine some of the advantages and disadvantages of independent decision making				
10	distinguish between secrets, surprises, confidentiality and privacy				
11	explain how a person can be influenced by group pressure				
12	identify some advantages of group participation				
13	outline some personal and peer problems and plan how to deal with them				
14	recognize that some behaviors toward children may be classified as abusive				
15	recognize and identify some abusive behaviors				
PHYSICAL GROWTH AND DEVELOPMENT					
The grade five student will					
1	identify the parts and functions of the circulatory system				
2	propose ways to maintain a healthy circulatory system				
3	identify the parts and functions of the respiratory system				
4	propose ways to maintain a healthy respiratory system				

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5	identify the kinds of changes which occur in males and females during puberty				
6	realize that puberty changes may occur earlier with some individuals than others				
7	understand the functions of the female reproductive system				
8	understand the functions of the male reproductive system				
NUTRITION					
The grade five student will					
1	explain that nutritional needs vary throughout the lifespan: infants, pre-teen, adult, pregnant women and seniors				
2	describe the relationship between food variety, nutrients, and meal planning				
3	compare personal eating habits with Canada-s Guidelines for Healthy Eating				
4	analyze some popular fast foods in terms of nutritional value				
5	identify the relationships that exist between certain health problems and nutrition, for example, the effects of high energy food and weight control on the circulatory system				
6	understand why certain foods should not be consumed by individuals with allergies				

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7	read and interpret basic information on food labels				
SELF CARE					
The grade five student will					
1	identify signs of vision and hearing difficulties				
2	realize that certain vision and hearing disorders can be corrected				
3	explain the value of wearing glasses or hearing devices				
4	understand the need for various types of mechanical devices to assist students with disabilities in functioning independently				
5	realize that a disability may not be a handicap				
6	explain the difference between virus and bacteria				
7	understand that AIDS is caused by a virus that weakens the immune system				
8	realize that AIDS is not spread through casual contact				
9	understand that AIDS can be prevented but not cured				
10	understand the need for caring and compassion towards people with AIDS and other terminal illnesses				
DENTAL HEALTH					

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The grade five student will				
1 describe the nature and harmful effects of dental plaque				
2 know that dental care for children is free until age 12 in Newfoundland and Labrador				
3 realize that misaligned teeth can be corrected if it is necessary or desirable				
4 identify foods that help and hinder dental health				
ACTIVE LIVING				
The grade five student will				
1 identify some of the daily physical activities of classmates				
2 discuss ways to adapt various physical activities to meet the needs of all students				
3 recognize the importance of daily physical activity for general well-being				
4 identify activities that increase strength and endurance				
5 prepare a list of ways to promote active living				
INJURY PREVENTION AND SAFETY				
The grade five student will				
1 discuss safe practices related to such activities as				

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	snowmobiling, hockey, skiing, skateboarding, rollerblading and bicycling				
2	describe the importance of proper protection when participating in sports and other recreational activities				
3	examine various kinds of protective sport and recreation equipment				
4	explain appropriate fire safety procedures for home, school and public buildings				
5	recognize the basic types of fire extinguishers and know when it is appropriate to use them				
6	demonstrate safety practices related to outdoor activities such as camping and hiking				
7	discuss basic hunter safety and wilderness survival				
8	describe appropriate clothing for various activities and weather conditions				
9	identify some emergency situations which may occur in the community				
10	describe how to react in certain emergency storm situations				
	DRUG EDUCATION				
	The grade five student will				
1	outline where and how to obtain accurate information				

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regarding medicines				
2 understand that food/drink can affect the potency of certain drugs, thus the need to follow prescriptions accurately				
3 realize that alcohol is a drug (depressant)				
4 identify reasons for drinking and not drinking alcohol				
5 outline the effects of occasional drinking, regular usage and prolonged usage				
6 identify commonly used inhalants				
7 develop awareness of the danger of inhalants				
8 identify reasons for using and not using mood-altering inhalants				
9 identify alternate ways to deal with personal problems				
10 demonstrate a variety of refusal skills				
11 identify some constructive activities to do instead of using substances				
12 discuss the reasons for laws on drugs and drug abuse				
CONSUMER HEALTH				
The grade five student will				
1 discuss the regulations governing the sale of tobacco and				

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	alcohol products				
2	explain how advertising may affect one-s behavior				
3	analyze some advertisements to determine their messages and how they appeal to consumers				
4	become aware of the correlation between alcohol and drug use and health care cost				
5	identify some professional and volunteer health groups and agencies in your community				
	ENVIRONMENTAL HEALTH				
	The grade five student will				
1	recognize the potential health hazards of the community garbage disposal site				
2	describe how litter creates an unpleasant and unsafe community environment				
3	discuss the importance of reusing, reducing and recycling waste for environmental health				
4	identify existing waste disposal and litter problems				
5	develop a school plan to reduce waste				