**4th – 5th Health Lesson Schedule**

1. HealthTeacher.com lesson (HT) - (GoNoodle is a free resource)
2. Read aloud Health Book (B)

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| **Unit** | **Week** | **4th Grade** | **5th Grade** |
| **Unit 1**  Topic: **Mental & Emotional Health**  \*Please meet with your building counselor to discuss possible co-teaching | 1 | HT – Caring for Self and Others (1)  B – Caring | HT – Verbal and Nonverbal Communication |
| 2 | HT – Families Give and Receive (1, 2, 3)  B – The Right Words | HT – Problems in Families (1, 2, 3) |
| 3 | HT – Families Give and Receive (4, 5, 6) | HT – Problems in Families (4, 5, 6) |
| 4 | HT – Help Stop Bullying (1 interactive video, 2 Ad campaign article)  B – Why are You Picking on Me? Dealing with Bullies. | HT – Dealing with Bullying (Injury Prevention Section 1  B – Physical Bullying |
| 5 | HT – Listening Skills (1 if possible, 2, 3)  B – Listen Up | HT – Dealing with Bullying (Injury Prevention Section) (5, 6, 7, 8, 9) |
| 6 | HT – Listening Skills (4, 5) | B – Cyber Bullying  B – Verbal Bullying |
| **Optional – Enrichment Lessons / Books** | HT – Deep Abdominal Breathing  B – Making Friends | HT – Internet Safety  B – Nonverbal Communication  B – Helping Out and Staying Safe  B – Social Bullying  B – Being a Leader |
| **Unit 2**  Topic:  **Physical Activity, Injury Prevention, Anatomy** | 7 | HT - The Benefits of Physical Activity (1, 2, 4)  B – What Happens When You Move? | HT – Flexibility and Cardio-Respiratory Endurance (1, 2, 3, 5, 6) |
| 8 | HT – Make Physical Activity a Priority (interactive video, 2 group activity)  B – Stay Fit! How You Can Get in Shape | HT – Types of Physical Activity (1 interactive video, 3 classroom movement)  B - A Million Moves: Keeping Fit |
| 9 | HT – Biking Safely (1, 2, 3) | HT – Muscle Power (1, 2)  B – Your Muscular System |
| 10 | HT – Biking Safely (4, 5, 6) | HT – Warm Up Cool Down |
| 11 | HT – How We Breathe (1, 2, 3)  B – Your Respiratory System | HT – Destination Respiration (1, 3)  B – Respiration and Circulation |
| 12 | HT – The Digestive Process (Nutrition Section) (1, 2)  B – Your Digestive System | HT – The Heart of the Matter (1, 2)  HT – The Terrific Twosome: The Brain and Spinal Cord |
| 13 | HT - Can You Digest This? (1, 3)  B – Digestion and Excretion | HT – The 206 Piece Puzzle (1, 2, 3) |
| **Optional – Enrichment Lessons / Books** | B – Burp! The Most Interesting Book You’ll ever…  B – The Dynamic Digestive System: How does my stomach work?  HT – Treating Minor Injuries and Burns  HT – Geared for Safety | B – How Do My Muscles Get Strong? Muscles and Exercise  B – The Remarkable Respiratory System: How do my lungs work?  B – The Skeleton and Muscles  B – The Mighty Muscular and Skeletal Systems: How do my bones and muscles work?  B – Keeping Fit: Body Systems |
| **Unit 3**  Topic: **Nutrition, Personal & Consumer Health** | 14 | HT - Build a Healthy Plate (2, 3)  B – MyPlate and You | HT – It’s a Matter of Balance (1, 2) \*Copy of Dietary Guidelines listed under transparencies of HT-Eat More Fruits and Vegetables lesson. |
| 15 | HT – Eat More Fruits and Vegetables (1, 2, 3)  B – Vegetables on My Plate | HT – Healthful Eating and Exercise (1, 3)  B - Eat Right! How You Can Make Good Food Choices |
| 16 | HT – Breakfast Begins the Day! (1 interactive video)  B – A Balanced Diet | HT – Healthful Snacks (1, 2)  B – Healthy Snacks on MyPlate |
| 17 | HT – Calcium (2, 3, 4, 5) | HT - Nutrition – Food Groups / MyPlate (1 interactive video)  B – Energy In, Energy Out, Food as Fuel |
| 18 | HT – Water is Awesome! (1 interactive video) | HT – Advertising and Food Choices (1, 2)  B – Big Fat Lies: Advertising Tricks |
| 19 | HT – Preventing Infectious Illness (1, 2, 3 if time allows – may need to be large group discussion)  B – Your Body Battles a Cold | HT – Food Labels (1, 2, 3)  B – Looking at Labels: The inside story |
| 20 | HT – Sun Safe (1, 2) | HT – Food Labels (4 & 5 may be done with empty food containers in the classroom, 6) |
| 21 | HT – Sleep is Awesome! (1 interactive video)  HT – Wake Up Sleepy Head (1, 2) | B – I Know Someone with Diabetes  B – I Know Someone With Asthma  B – I Know Someone with Allergies |
| 22 | HT – Setting Bedtime Routines (1 interactive video, 2 checklist) | HT – Ready, Set, Test! (1 interactive video, 2 Article Discussion Steps 1, 2) |
| **Optional – Enrichment Lessons / Books** | HT – Finding Fat  B – Sugars and Fats  B – Dairy on MyPlate  B – Grains on MyPlate  B - Protein on MyPlate  B – Eat Your Vegetables! Drink Your Milk!  B – Why We Need Fats  B – How Do My Braces Work?  B – Why We Need Minerals  HT – Dental Hygiene  B – Your Body Battles a Cavity | B – Why We Need Vitamins  B – Milk and Dairy  B –Fats for a Healthy Body  HT – Asthma: Symptoms and Triggers  HT – Get More Sleep  B – What is an asthma attack?  HT – Using Medications Appropriately  HT - Managing Diabetes, Asthma, and Allergies  B – Vitamins and Minerals for a Healthy Body |
| **Unit 4**  Topic: **Community & Environmental Health** | 23 | HT – No Noise (1, 2, 3, 4) | HT – Health Services in the Community (1, 2, 4) |
| 24 | HT – Reduce, Reuse, Recycle (1, 2)  B – Earth’s Garbage Crisis | HT – Reducing Pollution and Conserving Resources (1, 3, 4)  B – 10 Ways I Can Save the Earth |
| 25 | HT – Clean Water (1, 2, 3)  B – Saving Water: The Water Cycle | B –A Bright Idea: Conserving Energy  B – Saving Energy: Earth’s Resources |
| 26 | B – Down the Drain: Conserving Water | B – Something Old, Something New: Recycling |
| 27 | B – Global Warming  B – Saving the Environment | B – Clean Planet: Stopping Litter and Pollution  B – The Great Outdoors: Saving Habitats |
| Optional – Enrichment Lessons / Books | B – Ear-Splitting Sounds and Other Vile Noise  B – The Earth’s Water Crisis  B – Earth’s Water | B – Earth’s Energy  B – Recycling: Reducing Waste  B – Rain Forest Destruction |
| **Unit 5**  Topic:  **Family Health & Sexuality**  \*Please meet with the school counselor and school nurse to discuss possible co-teaching. | 28 | HT – Changing Families | HT – The Passive Into Puberty (1, 2 – part 3 is optional) |
| 29 | B – Moving  B - Divorce | HT – The Passive Into Puberty (4, 5)  B - Puberty |
| 30 | HT – Respecting Myself and Others  B – Treat Me Right!: Kids Talk About Respect | HT – Learning about HIV/AIDS |
| Optional – Enrichment Lessons / Books | B – Proud to Be You  B – Manners, Please! Why It Pays to be Polite  B – Taking Action Against Family Breakups | B – Why Do I Have Periods?: Menstruation and Puberty  B – Quicksand: A True Story of HIV/AIDS in Our Lives  B – Death  B – Can We Get Along? Dealing with Differences  B – I Know Someone with HIV/AIDS |
| **Unit 6**  Topic: **Tobacco, Alcohol & Other Drugs** | 31 | HT – Learning More About Tobacco | HT – You Know What to Say (1, 2, 3) |
| 32 | HT – Decisions about Tobacco and Health  B – Making Smart Choices | HT – Stand Up For Your Health (tobacco) (1, 2, 3, 4 – 5 & 6 if time allows) |
| 33 | HT - Clean Air is Healthy (1) | HT – Stand Up For Your Health (tobacco) (7,8, 9)  B – Tobacco (Tough Topics) |
| 34 | HT – Who or What Influences You( 1, 2, 3, 4, 5) | HT – Refuse to Use (alcohol) |
| 35 | HT – Who or What Influences You (6, 7, 8)  B – Making Good Choices | HT – Surveying Over-the-counter Drugs |
| 36 | HT – Drugs in the News (1, 2 – 3 – 4 if time allows)  B – Take Action Against Drugs | HT – Drugs Don’t Solve Problems (1)  B - Drugs |
| Optional – Enrichment Lessons / Books | B – Tobacco (The Real Deal)  HT – Choosing Friends (peer pressure) | HT – Tell the Tobacco Ads What You Think  B – Make Good Choices: Your Guide to Making Healthy Decisions  B - Alcohol |

* *Please mark* ***“I Taught This”*** *after lesson is complete.*
* *Please conserve paper! – Many steps that request to print out one copy per student may be completed in the large group together electronically.*