

**HEALTH/FAMILY LIFE  
GRADE FIVE COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- Define First Aid
  - Rules for emergencies
  - Sexual harassment
- UNIT II. Nutrition**
- Responsible approach to food choices
  - Preventing illness & disease
  - Eating disorders
- UNIT III. Functions of the Body**
- Brain structure & functions
  - Respiratory system
  - Endocrine, nervous, circulatory, reproductive, muscular/skeletal systems
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Growing up
  - Biological differences between boys & girls
  - Decision-making in at-risk situations
- UNIT V. HIV/AIDS and Illness Prevention**
- Consequences of smoking
  - Blood & immune system
  - Effects of HIV on immune system
  - DARE
- UNIT VI. Substance Abuse Prevention**
- Use, misuse & abuse of drugs
  - Why drugs won't solve problems
  - Practicing positive values
  - DARE
- UNIT VI. Community Health & Safety (With Violence Prevention)**
- Community safety & illness prevention
  - Routines for keeping safe
  - Harassment & bullying
- UNIT VII. Self Worth, Mental and Emotional Health**
- Positive and negative influences
  - Puberty and self esteem
  - Communication and conflict resolution
- UNIT IX Environmental and Consumer Health**
- Consumer responsibilities & advocacy
  - Social responsibility
- UNIT X. Physical Fitness**
- Benefits of exercise
  - Good sportsmanship
  - Fitness habits