

5th Grade Health Curriculum

Chapter 8: Your Body Systems

- Body systems
- Skeletal system
- Muscular system
- Digestive system
- Circulatory system
- Respiratory system
- Nervous system
- Taking care of your body system

Chapter 10: Controlling Disease

- Disease and your body
- Infectious disease
- Controlling infectious disease
- Non-infections disease

Chapter 11: Physical Fitness

- What is physical fitness?
- Your fitness and goals
- Sports
- Injury, avoiding injury
- Safety equipment

Chapter 12: Nutrition

- Nutrition and your health, the nutrients you need
- Eating for life

Chapter 13: Understanding drugs

- Facts about drugs and medicine
- Illegal drugs
- Drug abuse/addiction
- Refuse to abuse

Chapter 14: Tobacco and Alcohol

- Tobacco and alcohol as drugs
- Tobacco and alcohol products
- Addiction
- Feeling pressure
- Refusing tobacco and alcohol

Chapter 15: Health and your safety

- Safety around home and school

- Seven ways to protect yourself
- Safety in water
- Weather emergencies and natural disasters
- Dealing with emergencies
- Giving first aid