

Catholic Identity Standards

5.1 Catholic identity standards. The student understands and integrates the content of what is learned through physical education into their faith and daily life.*											
<table border="1"> <tr> <td rowspan="5">Ways to Grow</td> <td>5.1(VL) S.K6 GS1(CNS)</td> <td>exhibit care and concern at all stages of life for each human person as an image and likeness of God *</td> </tr> <tr> <td>5.1(VL) S.K6 GS3(CNS)</td> <td>value the human body as the temple of the Holy Spirit *</td> </tr> <tr> <td>5.1(VL) H.K6 DS3(CNS)</td> <td>demonstrate respect and solicitude to individual differences among students in the classroom and school community *</td> </tr> <tr> <td>5.1(VL) H.712 GS5(CNS)</td> <td>display personal self-worth and dignity as a human being and as part of God’s ultimate plan of creation *</td> </tr> <tr> <td>5.1(VL) H.712 IS3(CNS)</td> <td>analyze how life experiences and life choices create a personal history with eternal consequences *</td> </tr> </table>	Ways to Grow	5.1(VL) S.K6 GS1(CNS)	exhibit care and concern at all stages of life for each human person as an image and likeness of God *	5.1(VL) S.K6 GS3(CNS)	value the human body as the temple of the Holy Spirit *	5.1(VL) H.K6 DS3(CNS)	demonstrate respect and solicitude to individual differences among students in the classroom and school community *	5.1(VL) H.712 GS5(CNS)	display personal self-worth and dignity as a human being and as part of God’s ultimate plan of creation *	5.1(VL) H.712 IS3(CNS)	analyze how life experiences and life choices create a personal history with eternal consequences *
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Physical Health

5.2 Physical health. The student demonstrates knowledge and skills to make healthy decisions that reduce health risk and enhance health.

Application	Supporting Standards - Instructional Focus
<p>5.2A Body Systems examine the structure, function, and relationships of body systems and their relevance to personal health</p>	<p>5.2A.1 identify the major structures, functions and importance of the integumentary system and how to care for this system 5.2A.2 describe how to care for eyes and ears including how to prevent hearing and vision loss</p>
<p>5.2B Nutrition identify and explain healthy eating strategies for enhancing and maintaining personal health</p>	<p>5.2B.1 define micro- and macronutrients and how the body uses each 5.2B.2 explain the Recommended Dietary Allowance (RDA) 5.2B.3 analyze and interpret information on food packaging, such as Nutrition Fact Labels, ingredient lists, and health claims</p>
<p>5.2C Physical Health obtain, process, and understand basic physical activity information needed to make health promoting decisions</p>	<p>5.2C.1 describe ways to promote heart health 5.2C.2 examine the health risks associated with unprotected sun exposure and identify strategies to protect against the harmful effects of the sun</p>

Mental Health and Wellness

5.3 Mental health and wellness. The student will apply strategies to develop socio-emotional health, self-regulation, and healthy relationships.

<p>5.3A Mental Wellness/Social Emotional Skills identify and apply strategies to develop socio-emotional health, self-regulation, and healthy relationships</p>	<p>5.3A.1 define positive self-image, recognize the importance of developing and maintaining a positive self-image, and analyze positive and negative influences on self-image 5.3A.2 define stress, identify physical and emotional responses caused by stress, identify positive and negative ways to manage stress in variety of situations, and practice positive strategies for managing stress 5.3A.3 identify the importance of healthy relationships and the social skills that are essential for building and sustaining relationships with family and friends</p>
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Safety and Prevention

5.4 Safety and prevention. The student describes ways to prevent common childhood injuries and health problems.

<p>5.4A Disease Prevention understand health literacy, preventative health behaviors, and how to access and evaluate health care information to make decisions</p>	<p>5.4A.1 describe types and causes of noncommunicable/chronic diseases and explore methods to reduce risks associated with these conditions</p>
<p>5.4B Safety & Injury Prevention identify and demonstrate safety and first aid knowledge to prevent and treat injuries</p>	<p>5.4B.1 analyze why people choose to follow or not follow safety rules at school 5.4B.2 examine one’s role and the role of others in causing or preventing injuries at school</p>

Snapshot

Grade 5 Health

<p>5.4C Violence Prevention understand the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety</p>	<p>5.4C.1 define and describe harassment 5.4C.2 identify and practice ways to respond to and report harassing behaviors 5.4C.3 define cyberbullying and its effect on one's health 5.4C.4 identify and practice ways to respond to and report cyberbullying and how to offer support and friendship to someone who is being cyberbullied 5.4C.5 identify and demonstrate effective verbal and nonverbal communication skills for resolving conflict situations in school and at home 5.4C.6 recognize the influence of violence in the media</p>
<p>5.4D Substance Abuse Prevention understand the difference between use and misuse of different substances and their impact on health</p>	<p>5.4D.1 analyze the effects of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs on relationships with family, peers, and other individuals 5.4D.2 explain the connection between mental health and substance abuse and describe how to get help and assistance with mental health and substance abuse problems 5.4D.3 identify prevention resources and strategies for avoiding alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs</p>
<p>Environmental Health</p>	
<p>5.5 Community and environmental health. The student explains the environmental impact on health.</p>	
<p>5.5A Community Health describe ways in which safe and healthy school and community environments can promote personal health</p>	<p>5.5A.1 describe the effects of air and noise pollution on health and the environment 5.5A.2 describe strategies to decrease the impact of air quality and noise pollution on body functions and the environment</p>