

**Link Community Charter School  
Grade 5 Health Scope and Sequence**

Timeline	<b>Unit Description/ Topic</b>	<b>Standards: Content</b>	<b>Essential Questions</b>	<b>Content: What will students know</b>	<b>Key Skills: What will students be able to do</b>	<b>Resources</b>
Week 1&2	Personal Wellness	2.1.6.A.1 Explain how health data can be used to assess and improve each dimension of personal wellness.	Why must someone commit to a healthy lifestyle lifelong?	Staying healthy is a lifelong process that includes all dimensions of wellness.	Program introduction Assessing Health Knowledge Setting Goals Dealing with Emotions	Health Resources, News Articles, Scholastic Scope
Week 3&4	Growth and Development	2.1.6.A.2 Relate how personal lifestyle habits, environment, and heredity influence growth and development in each lifestage.	What are the dimensions of wellness and how do they interact?	Staying healthy is a lifelong process that includes all dimensions of wellness.	Self Image Self Esteem Living your values Skits	Health Resources, News Articles, Scholastic Scope
Week 4-6	Relationships/ Alcohol and Drugs	2.1.6.A.2 Relate how personal lifestyle habits, environment, and heredity influence growth and development in each lifestage. 2.2.6.A.1 Demonstrate Verbal and Non Verbal interpersonal communication in various settings that impact the health of oneself and others.	How does communication aid in supporting healthy lifestyles? What are the differences between drugs that are helpful and those that are harmful? What does a healthy relationship look like?	Effective communication may be a determining factor in the outcome of health and safety related situations.	Underage Drinking Stress Unintentional Injuries Leading Killers Immediate and Long Term Effects	Health Resources, News Articles, Scholastic Scope

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Week 7-9	Healthy Living	2.1.6.B.1 Determine factors that influence food choices and eating patterns. 2.1.6.E.2 Make recommendations to resolve incidences of school and community conflict, violence, harrassment, gang violence, discrimination, and bullying.	How can one's enviroment and background contribute or hinder their overall health?	Eating patterns are influenced by a variety of factors. Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.	Online Safety Bullying Physical Activity My Plate Food Guide	Health Resources, News Articles, Scholastic Scope