

Health – grades 5 & 6
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

- 5-6.1 Understands the relationship between positive health behaviors and prevention of injury, illness, and disease.
- 5-6.2 Knows the basic structure and functions of the human body systems (how they are interrelated; how they function to fight disease)
- 5-6.3 Knows strategies and skills that are used to attain personal health goals, (maintaining an exercise program, making healthy food choices)

Standard 2

- 5-6.4 Knows safety rules and practices to be used in home, school, and community settings (using a seat belt or helmet, protecting ears from excessive noise or cold, using sunscreen, lifting heavy objects).

Standard 3

- 5-6.5 Understands the nutritional value of different foods.
- 5-6.6 Knows how to read, interpret, and use the food guide pyramid to help make wise choices regarding nutrition and exercise.
- 5-6.7 Knows appropriate methods to maintain, lose, or gain weight according to individual needs.
- 5-6.8 Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
- 5-6.9 Understands how eating properly can help reduce health risks.

Standard 4

- 5-6.10 Knows ways in which a person can prevent or reduce the risk of disease, such as early detection.

Standard 5

- 5-6.11 This is covered in Guidance.

Standard 6

- 5-6.12 Understands the basic changes that occur in early puberty.