

WEST DEPTFORD SCHOOL DISTRICT

Content Area: Health			
Course Title: 5th grade Health			Grade Level: 5
Quarter 2 - Systems of the Body			2 weeks
Topic 1: Identifying systems of the body Topic 2: Taking responsibility of one's own lifestyle and the impact of personal health choices			
Quarter 2- Hygiene			2 weeks
Topic 3: What hygiene means? How to practice proper hygiene Topic 4: How hygiene may affect one's social/emotional health, and the relationship between hygiene and illness			
Quarter 2 - Puberty			3 weeks
Topic 5: How to display skills developed to reinforce management of social and emotional changes during puberty. Topic 6: Physical, social, and emotional changes boys and girls experience during puberty Topic 7: The age when puberty occurs, and the resources available for boys and girls.			
Quarter 2- Diseases			2 weeks
Topic 8: Detection and treatment of diseases, and the symptoms among with them Topic 9: The difference between communicable and non-communicable diseases, and Cureable vs treatable diseases			
Date Created: August 2022 Revised: August 2023		Board Approved on: August 2022 Revised Board Approved: August 2023	

WEST DEPTFORD SCHOOL DISTRICT
5th Grade Health Pacing Guide

Topic Number	Title	DATES	Number of Days
1	What are the systems of the body	Quarter 2 week 1	1 day
2	How does personal choices have an impact on your health	Quarter 2 week 2	1 day
3	What does hygiene mean? How to practice proper hygiene	Quarter 2 week 3	1 day
4	How hygiene may affect one's social/emotional health, and the relationship between hygiene and illness	Quarter 2 week 4	1 day
5	How to display skills developed to reinforce management of social and emotional changes during puberty.	Quarter 2 week 5	1 day
6	Physical, social, and emotional changes boys and girls experience during puberty	Quarter 2 week 6	1 day
7	The age when puberty occurs, and the resources available for boys and girls.	Quarter 2 week 7	1 day
8	Detection and treatment of diseases, and the symptoms among with them	Quarter 2 week 8	1 day
9	The difference between communicable and non-communicable diseases, and Cureable vs treatable diseases	Quarter 2 week 9	1 day

WEST DEPTFORD SCHOOL DISTRICT

Health Lesson Plan Format

{45 Minutes of Instruction}

OPENING

5 minutes

- Attendance, ice breaker activity

SETTING THE STAGE

5 minutes

Objectives- Purpose of lesson and expectations

TEACHER LED INSTRUCTION

10 minutes

Lesson Topic

Learning plan- Teacher led explanation of lesson

Guided practice- teacher to student led

STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

Independent practice

Assessment-teacher observation, lesson assignments, class discussion, student

participation, end of unit assessments