

Health (5)

Physical Education and Health

Grade(s) 5th, Duration 1 Year, 1 Credit
Required Course

Course Overview

Some health components are taught by classroom teachers.

Circulatory and respiratory systems are highlighted by the PE teacher.. Family connections are encouraged, using materials from Hoops for Heart.

Students will meet with the school nurse for initial instruction in human growth and development as they approach puberty. Parental permission is required.

Scope And Sequence

Timeframe	Unit	Instructional Topics
Ongoing	Human Growth and Development	1. Human Growth and Development

Materials and Resources

Jefferson County Health Department (school nurse)

Prerequisites

Parental consent for Human Growth and Development instruction.

Course Details

Unit: Human Growth and Development

Duration: Ongoing

Unit Overview

Students will explore aspects of health, including decision-making, self-concept, and friendships. Classroom teachers and the guidance counselor share responsibility for instruction and follow-up.

Topic: Human Growth and Development

Duration: 1 Day(s)

Topic Overview

Students learn about human growth and development as they approach puberty.

Learning Targets

Body changes during puberty.

Instruction is provided by Jefferson County Health Department staff to students in same-sex groups. Parental consent is required.