
NORTHWEST TERRITORIES

School Health Program

GRADE 5



Education, Culture and Employment
Health and Social Services

August, 1995

MENTAL AND EMOTIONAL WELL BEING

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	RELATIONSHIPS	Effective communication is important in a relationship	i) describe effective speaking and active listening skills ii) demonstrate effective speaking and active listening skills
2	RELATIONSHIPS	Effective communication is important in a relationship	i) describe different communication skills ii) describe the importance of effective communication in a relationship
3	RELATIONSHIPS	Effective communication is important in a relationship	i) identify assertive communication skills ii) demonstrate assertive communication skills
4	RELATIONSHIPS	Effective communication is important in a relationship	i) identify steps in a refusal process ii) practise the steps of the refusal process
5	DECISION-MAKING	Advertising is designed to influence decisions	i) identify advertising techniques used to persuade
6	DECISION-MAKING	Advertising is designed to influence decisions	i) practise designing an advertisement using one or more persuasion techniques
7	COPING	Signs of stress are identifiable	i) identify situations that cause stress ii) identify signs of stress
8	COPING	Specific actions can be taken to help deal with stress	i) identify specific ways of dealing with stress ii) practise behaviours which help deal with stress

GROWTH AND DEVELOPMENT

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	BODY SYSTEMS	The respiratory system is essential for getting oxygen into and carbon dioxide out of the body	i) name and locate the main parts of the respiratory system
2	BODY SYSTEMS	The respiratory system is essential for getting oxygen into and carbon dioxide out of the body	i) describe the functions of the respiratory system ii) state the importance of the respiratory system
3	BODY SYSTEMS	The respiratory system is essential for getting oxygen into and carbon dioxide out of the body	i) name common problem conditions related to the respiratory system ii) describe ways to care for the respiratory system
4	BODY SYSTEMS	The circulatory system is essential for circulation of blood throughout the body	i) name and locate the main parts of the circulatory system
5	BODY SYSTEMS	The circulatory system is essential for circulation of blood throughout the body	i) describe the functions of the circulatory system ii) state the importance of the circulatory system
6	BODY SYSTEMS	The circulatory system is essential for circulation of blood throughout the body	i) name common problem conditions related to the circulatory system ii) describe ways to care for the circulatory system
7	BODY SYSTEMS	Lifestyle is important to the prevention of cardiovascular disease	i) identify lifestyle behaviours that maintain a healthy cardiovascular system

FAMILY LIFE

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FAMILIES	Male and female roles in the family are determined by capabilities, potentials and cultural tradition	<ul style="list-style-type: none">i) identify traditional male and female roles within the familyii) identify how capabilities and potentials affect male and female rolesiii) describe how male and female roles are changing and have changed
2	FAMILIES	Family activities can enhance family living	<ul style="list-style-type: none">i) identify activities which a family can do togetherii) describe the importance of family activities in enhancing family living
3	HUMAN DEVELOPMENT AND REPRODUCTION	Puberty is one stage of development in everyone's life ,	<ul style="list-style-type: none">i) identify the physical changes in males and females at pubertyii) describe personal hygiene practices related to pubertyin) describe the mental, emotional and social changes which take place during adolescence
4	HUMAN DEVELOPMENT AND REPRODUCTION	The reproductive system enables human life to begin	<ul style="list-style-type: none">i) describe the functions of the male reproductive organs
5	HUMAN DEVELOPMENT AND REPRODUCTION	The reproductive system enables human life to begin	<ul style="list-style-type: none">i) describe the functions of the female reproductive organs

FAMILY LIFE

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
6	HUMAN DEVELOPMENT AND REPRODUCTION	Menstruation is a natural occurrence in females	<ul style="list-style-type: none">i) identify the main events of the menstrual cycleii) describe the importance of the menstrual cycleiii) describe body hygiene and personal products related to menstruation
7	HUMAN DEVELOPMENT AND REPRODUCTION	Human life is formed by the union of an egg and a sperm	<ul style="list-style-type: none">i) describe the journey of an eggii) describe the journey of the spermiii) describe the process of human fertilization

NUTRITION

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FOOD CLASSIFICATION	Foods are classified into four food groups on the basis of nutrient content	i) identify the leader nutrients in each of the four food groups ii) describe the functions of the leader nutrients of each of the four food groups
2	FOOD CLASSIFICATION	Foods are classified into four food groups on the basis of nutrient content	i) classify foods that are excellent sources of leader nutrients into the four food groups
3	FOOD SELECTION	It is important to select at least the minimum number of recommended daily servings from each food group	i) identify the minimum number of recommended daily servings from each food group to meet nutritional requirements
4	FOOD SELECTION	Food availability affects food choices	i) explain factors that affect availability of foods
5	FOOD SELECTION	Food is processed in a variety of ways	i) describe some food processing methods ii) explain the importance of food processing
6	FOOD APPRECIATION	A willingness to eat nutritious country food promotes food appreciation and health	i) plan and prepare a nutritious northern meal ii) eat a nutritious northern meal iii) complete a recipe book of nutritious country food

DENTAL HEALTH

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	ORAL HYGIENE	Regular practice of effective oral hygiene skills promotes dental health	i) appraise toothbrushing and flossing skills
2	FACTORS AFFECTING DENTAL HEALTH	Use of tobacco products affects oral health	i) identify the effects of tobacco products on oral health
3	DENTAL SERVICES AND PRODUCTS	Approved dental products promote dental health	i) state the benefits and any disadvantages of dental health products ii) prepare a home-made toothpaste
4	DENTAL SERVICES AND PRODUCTS	Dental health workers play an important role in dental health care	i) identify the roles of dental health workers

SAFETY AND FIRST AID

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
			Students will be able to:
1	FIRE SAFETY	There are safety rules to follow to prevent fires	i) list common causes of fires around the house ii) identify fire prevention strategies
2	FIRE SAFETY	There are safety rules and procedures to follow for fires	i) describe correct procedures to react to fire and to exit a burning building ii) practise correct procedures to exit a burning building iii) develop a fire exit plan with their families
3	OUTDOOR SAFETY	Safety on the land or in the bush involves planning and safety rules	i) identify items to include when planning a summer and/or winter hunting trip ii) identify safety rules on the land or in the bush iii) demonstrate safety rules around camping stoves and lanterns iv) demonstrate safety rules around campfires v) identify safety rules around campstoves, lanterns, heaters, woodstoves, etc.
4	FIRE ARM SAFETY	Safe handling and storage of firearms and ammunition prevents injuries and death	i) identify appropriate uses of firearms ii) identify safe storage of firearms and ammunition iii) identify behaviours around firearms to prevent injuries and death
5	FIRST AID	First aid can minimize injuries caused by bleeding and burns	i) explain the term wound ii) state the importance of treating severe external bleeding iii) demonstrate first aid for bleeding iv) demonstrate first aid for burns and scalds
6	FIRST AID	First aid can minimize injuries	i) describe contents of first aid kit

ALCOHOL AND OTHER DRUGS

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	DRUGS	A DRUG IS ANYTHING THAT IS PUT INTO THE BODY THAT MAKES IT WORK DIFFERENTLY.	i) identify the specific drugs in certain commonly used substances
2	DRUGS	THERE ARE MANY MYTHS SURROUNDING DRUGS	i) identify some of the myths related to drugs ii) identify community resources for accurate drug information
3	TOBACCO	USING TOBACCO AFFECTS THE BODY	i) identify that smoking tobacco affects the heart ii) explain that tobacco contains a drug
4	ALCOHOL	ALCOHOL AFFECTS THE BODY	i) identify some short-term and long-term effects of drinking alcc
5	ALCOHOL	ALCOHOL MAY BE MISUSED	i) identify the use and misuse of alcohol ii) identify some of the social effects of alcohol misuse iii) identify the resources available in a community to help someone with an alcohol problem
6	SOLVENTS	SOLVENT ABUSE AFFECTS THE BODY	i) identify the short-term and long-term effects of solvent abuse
7	DRUGS	THERE ARE MANY FACTORS WHICH INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS (INCLUDING TOBACCO, SOLVENTS AND ALCOHOL)	i) identify factors which will influence our decision to use or not use drugs (including tobacco, solvents and alcohol)
8	DRUGS	PEER PRESSURE IS ONE FACTOR WHICH CAN INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS	i) explain how peer pressure influences decisions ii) demonstrate some ways of resisting peer pressure

ALCOHOL AND OTHER DRUGS

GRADE 5

LESSON NO.	THEME	CONCEPT	OBJECTIVES
1	DRUGS	ADVERTISING IS ONE FACTOR WHICH, CAN INFLUENCE OUR DECISIONS ABOUT THE USE OF DRUGS	i) explain how advertising influences decisions ii) identify places where you can find advertisements
2	WELL-BEING	THERE ARE MANY WAYS TO FEEL GOOD WITHOUT USING DRUGS	i) identify ways to make themselves and their friends feel good