### FIRST TRIMESTER

<table>
<thead>
<tr>
<th>Dates</th>
<th>Overarching/general themes</th>
<th>To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):</th>
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</table>
| Marking Period Starts: 9/7/17 | Unit: Healthy Balance | **Content/skill SWBAT statement (corresponding standards):**  
- Identify helpful resources toward creating a physical fitness goal (5.GM.K2, NHES 1.5.1)  
  *EWKM Lesson 16, 26*  
- Identify factors that go into being physical fit (5.GM.K2a, NHES 2.5.2)  
  *EWKM Lesson 20*  
- Demonstrate different exercises that improve endurance, strength, and flexibility fitness (5.GM.S1)  
  *EWKM Lesson 31* |
| Suggested Completion Date: 10/6/17 | Unit Title: Nutrition Education and Physical Activity  
 Unit Skills: Goal Setting, Accessing Resources |  

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| Suggested Completion Date: 12/1/17 | Unit: Healthy Mind  
 Unit Title: Social and Emotional Health  
 Health Education Skills: Analyzing Influences, Accessing Resources, Goal Setting  
 SEL Skills: Self-Management, Social Relations | **Content/skill SWBAT statement (corresponding standards):**  
- Practice strategies to manage difficult feelings in a constructive way (5.GM.S1)  
  *MM SE Lessons 1, 2*  
- Discuss how peers can be a positive influence on others to promote nonviolence, respect, and peace in their schools and communities (5.AI.K1b, NHES 4.5.3)  
  *MM SE Lesson 3, 4,14*  
- Identify situations that might lead to trouble, including violence (5.AI.S1)  
  *MM SE Lessons 7,8*  
- Locate resources from home, school, and community that provide valid information about reducing and preventing violence (5.AR.S2)  
  *MM SE Lessons 9,10,11,12*  
- Understand how to access local resources for violence prevention and conflict resolution, both in school and the community (5.AR.K2b)  
  *MM SE Lessons 9,10,11,12*  
- Set a personal goal to improve self-esteem and plan the steps necessary to achieve it (5.GM.S1, NHES 6.5.1)  
  *MM SE Lesson 13* |

First Marking Period Ends: 12/1/17  
Assessments During This Period: Michigan Model for Health Grade 5: Nutrition and Physical Activity Pre-Unit Test/ Post-Unit Test
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<tr>
<th>SECOND TRIMESTER</th>
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| Marking Period Starts: 12/4/17 | Unit: Healthy Body/Safe Body Unit Title: Healthy & Safe Body Unit Skills: Analyzing Influences, Decision Making | Use the Health and Wellness Department’s Healthy & Safe Body Unit for this unit.  
Content/skill SWBAT statement (corresponding standards):  
- Explain how are bodies have an immune system to fight infection (NHES 1.5.4)  
- Explain the differences between HIV/AIDS myths and facts (NSES SH.5.CC.1)  
- Understand the concept of risk factors and the behaviors that put someone at risk (NHES 7.5.2)  
- Locate helpful resources to learn factual information about HIV/AIDS (4.AR.K2b, NHES 2.5.6)  
- Demonstrate ways to treat people with dignity and respect (4.IC.S1, NSES HR.5.SM.1)  
- Identify useful resources for information or help (4.AR.S1, NSES PS.5.AR.2) | |
| Suggested Completion Date: 2/16/18 | Start Date: 2/26/18 | Unit: Healthy Body/Safe Body Unit Title: Personal Safety Unit Skills: Analyzing Influences |  
- Identify important social, emotional, and physical elements of a positive and safe school climate (5.AI.K1a, NHES 1.5.3)  
- Recognize and explain that everyone has personal space and boundaries and that these should be respected (5.AI.K1b)  
- Identify how gangs affect community safety and local violence (5.AI. K1a)  
- Explore learning about ethnic groups toward building peaceful communities locally and globally (5.AI.K1b, NHES 2.5.2) | |
<p>|  | Suggested Completion Date: 3/16/18 | Second Marking Period Ends: 3/16/18 |  |</p>
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<th>THIRD TRIMESTER</th>
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| Marking Period Starts: 3/19/18 | Unit: Healthy Lifestyle | **Content/skill SWBAT statement (corresponding standards):**  
- Describe the health effects of various tobacco products and the health benefits of staying away from these products (5.DM.K2, NHES 5.5.6)  *MM ATOD Lesson 2*  
- Analyze the accuracy of information conveyed in the media about tobacco use (5.AI.S2, NHES 2.5.5, 3.5.1)  *MM ATOD Lesson 3*  
- Demonstrate effective refusal strategies for tobacco, inhalants, and other drugs (5.DM.K2, NHES 4.5.2)  *MM ATOD Lesson 4* |
| Suggested Completion Date: 4/27/18 | Unit Title: Alcohol, Tobacco, and Other Drugs |  |
| Unit Skills: Decision Making, Analyzing Influences |  |
| Suggested Completion Date: 6/20/18 | Unit: Healthy Mind | **Content/skill SWBAT statement (corresponding standards):**  
- Identify advertising techniques commonly used in the media that target young people (5.AI.K2a, NHES 3.5.1)  *MM PHW Lesson 2*  
- Explain why it is important to have limits on screen time (5.AI.K2b)  
- Explain how the media influences our thoughts, feelings, and health behaviors (5.AI.S2, NHES 2.5.5) |
| Unit Title: Personal Health and Wellness |  |
| Unit Skills: Analyzing Influences |  |
| Third Marking Period Ends: 6/20/18 |  |
| Assessments During This Period: Michigan Model for Health Grade 5: Alcohol, Tobacco and Other Drugs Unit Test |  |