

5th Grade Health: MCCSC Standards aligned w/ Michigan Model Chapters				
	Benchmark	Lesson Behavioral Objectives	Phase & Lesson no.	Materials
	1 Becoming an Effective Team			
5.3.2	Demonstrate how to apply skills to manage grief and anger.	Demonstrate the ability to identify feelings and triggers of anger.	14, 6-10	Story Board Poster; & Story cards; Student worksheets from Teacher manual, Check it Out! Three D's for Telling
5.4.2	Describe how culture influences personal health behavior.	<i>Know the factors that influence our health choices</i>	12,7 & 10	Book: <i>Bully on the Bus</i> ; plus above materials
5.5.1	Demonstrate effective verbal and nonverbal communication skills to enhance health.	Discuss the use of verbal and nonverbal communication skills when interacting with peers.	1-3	Food Label Charts; In addition it is helpful to bring in Snack wrappers
5.5.2	Describe characteristics needed to be a responsible friend and family member.	Describe personal qualities that contribute to good or poor relationships with others.	11-10	above materials
5.5.3	Demonstrate healthy ways to express needs, wants, and feelings, including "I" messages and assertive communication strategies.	Share with an adult any feelings of wanting to physically hurt yourself or others and understand who can offer help or support.(parents, teachers, social workers, faith-based individuals etc.)	14-6	above materials
5.5.5	Demonstrate attentive listening skills to build and maintain healthy relationships.	Demonstrate that attentive listening skills are elements of healthy friendships and the importance of healthy peer groups.	17-11	Story Board Poster; & Story cards; Student worksheets from Teacher manual, Three D's For Telling
5.5.7	Differentiate between negative and positive behaviors used in conflict situations	Identify the different ways that boys and girls deal with conflict situations in both a negative and positive way (ie..bullying, relational aggression, gossip, cyber-bullying)	110	Story Board Poster; & Story cards; Student worksheets from Teacher manual
5.5.8	Demonstrate nonviolent strategies to resolve conflicts.	Demonstrate how to resolve a conflict by showing how to stay calm, agree that there is a problem, listen to the other person, work with them to identify choices to resolve the conflict, and compromise on a choice that is fair for both persons.	16-9	Story Board Poster; & Story cards; Student worksheets from Teacher manual, Three D's For Telling
5.6.3	Demonstrate the ability to set a health goals that address personal strengths, needs and health risks.	Describe how personal behavior affects self and accept responsibility for personal behavior by developing a plan for enhancing strengths and improving weaknesses based on a personal assessment.	1-11	