
Coal City Unit District #1
Fifth Grade
Health Curriculum

HE.5:1 Students can develop a basic understanding of first aid and safety. (IL 20A, 22A)

- HE.5:1-1 Identify the basic steps to reacting responsibly in an emergency situation.
- HE.5:1-2 Identify the procedure for sprains and strains (R.I.C.E.).
- HE.5:1-3 Identify the signs and treatments of basic injuries. (e.g. sprains, cuts, bleeding)
- HE.5:1-4 Identify the basic steps for using the Heimlich Maneuver.
- HE.5:1-5 Identify signs for a heart attack.

HE.5:2 Students can identify and translate information from food labels. (IL 20A, 22A)

- HE.5:2-1 Identify and apply the daily value chart to the food label.
- HE.5:2-2 Identify and apply the basic components of the food label. (e.g. serving size, servings per container, total fat)

HE.5:3 Students can develop a basic understanding of communicable diseases. (IL 20A, 22A, 23A)

- HE.5:3-1 Identify ways communicable diseases are spread from person to person.
- HE.5:3-2 Identify how the human body defends against communicable disease.
- HE.5:3-3 Identify prevention and treatments of communicable diseases.
- HE.5:3-4 Identify basic facts about communicable diseases.
- HE.5:3-5 Identify basic facts and different types of pathogens.

HE.5:4 Students can develop a basic understanding of non-communicable disease. (IL 20A, IL 22A, IL 23A)

- HE.5:4-1 Identify the three (3) main causes of non-communicable disease.
- HE.5:4-2 Identify prevention and treatment of non-communicable disease.
- HE.5:4-3 Identify basic facts and examples of non-communicable disease (e.g. cancer and heart disease)

HE.5:5 Students will identify the components of bullying. (IL 20A, 22B, 23C, 24A, 24B)

- HE.5:5-1 Identify and understand empathy and sympathy.
- HE.5:5-2 Identify ways to help improve bullying in your school.
- HE.5:5-3 Identify ways common causes of conflict among peers.
- HE.5:5-4 Discuss consequences of bullying.
- HE.5:5-5 Identify different forms of cyberbullying.

HE.5:6 Students can develop a basic understanding of dental health and care. (IL 20A, 22B, 23A)

- HE.5:6-1 Identify types of teeth and functions. (e.g. incisors, canine, molars).
- HE.5:6-2 Identify the interior parts of teeth and their characteristics.
- HE.5:6-3 Identify the function and importance of braces and keeping teeth straight and healthy.

HE.5:7 Students can develop an understanding of exercise and physical fitness. (IL 20A, 23A, 23B)

- HE.5:7-1 Identify examples and facts on 5 components of physical fitness.
- HE.5:7-2 Identify facts about safety when exercising.
- HE.5:7-3 Identify benefits to exercising.
- HE.5:7-4 Identify what aerobic activity is and recognize examples of it.

HE.5:8 Students can develop an understanding of controlling anger. (IL 20A, 22B, 24A, 24B, 24C)

- HE.5:8-1 Identify situations which cause anger.
- HE.5:8-2 Identify methods of handling anger.
- HE.5:8-3 Identify basic facts to dealing with anger.