

# 5<sup>th</sup> Grade

The topic of Human Growth and Development (which includes the areas of family life education and personal health) is part of our district's Health Education curriculum. Below are the specific objectives of this curriculum. We feel that by working together with you in teaching these objectives our children will realize that their physical and emotional well-being is an important aspect of their total personal development. The fifth grade objectives include:

1. Explain the structure and function of the human reproductive system
2. Explain physical, emotional, and social changes which occur as they approach puberty.
3. List the characteristics that help maintain friendships and compare their own characteristics with those on this list.
4. Appreciate the impact of the family on, and importance of the family to, individual development.
5. Identify the possible impacts of death or divorce on the family.
6. Realize that the roles of each member of the family may change for a variety of reasons.
7. Analyze the difference between assertiveness and aggression.
8. Recognize how to prevent AIDS, STI's, etc.
9. Describe ways in which the body systems are interdependent.
10. Appreciate the effects of diet and exercise on body composition.
11. Identify benefits of both aerobic and anaerobic exercise.
12. Identify characteristics of puberty and the effects of these changes on physical, emotional, and social development.