

SCOPE AND SEQUENCE
5th Grade Health

	<u># of Days</u>
Orientation	1
Health Wrap – Up	1
Unit 1: Nutrition	
Your Basic Nutritional Needs	3-4
Aim For A Balanced Diet	2-3
Food That’s Safe to Eat	1
Your Weight Manager	1
Review and Assessment	1
Unit 2: Personal Health and Physical Activity	
Caring for your Body	1-2
Your Teeth, Eyes, and Ears	1-2
The Benefits of Physical Activity	1-2
Balanced Workout	1-2
Play It Safe	1-2
Review and Assessment	2
Unit 3: Enviromental Health	
Your Environment	1
Protecting Water and Land	1
Conservation	1
Positive Enviornment	1
Review and Assessment	2
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Total	23-30