

## 5<sup>th</sup> Grade Colorado Academic Standards Comprehensive Health and Physical Education

*Healthy Hearts aligns with the Colorado Academic Standards for  
Comprehensive Health and Physical Education*

### Comprehensive Health - Physical and Personal Wellness Standard 2

#### 1. Demonstrate the ability to make good decisions about healthy eating behaviors

*Prepared Graduates: Apply knowledge and skills to engage in lifelong healthy eating.*

#### **Healthy Hearts presentation, booklet and screening addresses:**

- Healthy food choices they are already making
- MyPlate
  - Building healthy meals, portion size, moderation
  - Compare their meals, discuss why certain foods are “sometimes”, i.e. dessert, candy soda, etc.
- Too much sugar in food/drinks can cause heart disease, weight gain and tooth decay
- Identify natural sugars vs. added sugars
- Reading a food label to better inform your food choices and plan meals/snacks
- Need protein to maintain body tissues and build muscle
  - Dairy products give your body calcium, vitamin D and protein
- Unsaturated fats increase HDL (good) cholesterol
- Saturated fats increase LDL (bad) cholesterol
  - Plaque forms as early as age 2 – Atherosclerosis is lifetime disease – prevention is key

#### 4. Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness

*Prepared Graduates: Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.*

#### **Healthy Hearts presentation, booklet and screening addresses:**

- Opportunity to discuss personal health numbers with health screener
- Seek out trusted adult and medically-sound information (research based) for health care information
- Eating smarter
  - Talking to their families about the food they are buying
  - Going out to eat less
  - Having fewer sugary drinks

- Healthy lunch/snack options
- Food label activity
- Nutrition goals – Set during education, in booklet and discuss with screener
- Genetics - family health history
  - Opens up conversation about genetics and knowing health numbers
  - Increases awareness and helps to make better lifestyle choices

**5. Comprehend concepts and identify strategies to prevent the transmission of disease.**

*Prepared Graduates: Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.*

**Healthy Hearts presentation, booklet and screening addresses:**

- Promotes health and health maintenance
- Help prevent heart disease and other factors of living an unhealthy lifestyle:
  - Heart attack, stroke, hypertension and atherosclerosis

**Comprehensive Health - Social and Emotional Wellness**  
**Standard 3**

**1. Analyze internal and external factors that influence mental and emotional health**

*Prepared Graduates: Utilize knowledge and skills to enhance mental, emotional, and social well-being.*

**Healthy Hearts presentation, booklet and screening addresses:**

- A healthy lifestyle helps mental health
  - Feel better, more energy, more focused and improve confidence
- Factors that influence our mental and emotional health:
  - Eating habits, exercise, peers, family, media and managing our stress
- Identify and discuss reasons for stress – Eustress vs. stress
- Unmanaged stress can lead to high blood pressure and heart disease
- Provide examples of healthy ways to manage stress
  - Students draw how they best manage stress
- Discuss seeking help when needed (trusted adult, crisis support, etc.)
- Everyone has stress in their life but it is important we learn how to manage it in healthy ways vs. unhealthy ways

**Comprehensive Health - Prevention and Risk Management**  
**Standard 4**

**1. Demonstrate the ability to make good decisions about drug use: marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.**

*Prepared Graduates: Apply knowledge and skills to make health-enhancing decisions regarding the use of marijuana, illegal drugs, prescription drugs, alcohol, and tobacco.*

**Healthy Hearts presentation, booklet and screening addresses:**

- Using tobacco products damages the lungs and ages the body
  - Video of healthy lungs versus damaged lungs
- Smoking makes LDL stick to the arteries, lowers HDL cholesterol and increases blood pressure
- Cost of smoking
  - Students write or draw what they would rather spend their money on
- Second-hand smoke

- Respectful ways to create a smoke free zone around family and friends
- Ways to say no to tobacco/e-cigarettes as they get older
- E-cigarettes have negative effects on the body
  - Increase blood pressure, contain heavy metals, small particles
- Analyze marketing techniques for tobacco/vaping industry
  - Social media, peers, stores, print ads, etc.
  - Identify why making good health decisions requires the ability to evaluate reliable sources
- How does using tobacco/vaping or exposure affect exercise, sports, etc.
- Never starting to begin with as it is highly addictive
- Benefits of quitting, it's never too late to quit for loved ones

## **Physical Education - Physical and Personal Wellness**

### **Standard 2**

#### **2. Set personal goals for improving health-related fitness**

*Prepared graduates: Participate in and understand the benefits of regular physical activity*

#### ***Healthy Hearts presentation, booklet and screening addresses:***

- Physical inactivity
  - Blood pressure increases, increases risk of heart disease
- Exercise – important to lifelong health
  - Increases HDL cholesterol which helps keep our arteries clear of plaque build-up
  - Fun, keeps the body strong, helps blood flow and maintains healthy blood pressure, body weight and cholesterol level
  - Strengthens heart muscle
- Heart healthy physical activity
  - Increase heart rate
  - Breathing rate
  - Sweat/heat output
- Set a personal fitness goal and work towards it
- 60 minutes of physical activity every day
  - Doesn't have to be all at once, can be broken up 10 minutes at a time throughout day.

## **Prepared Graduate Competencies in Science**

### **2. Standards in Life Science**

**Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.**

#### ***Healthy Hearts presentation, booklet and screening addresses:***

- Human body:
  - General heart anatomy, blood flow, cholesterol, plaque, heart disease, exercise, healthy eating, smoke/tobacco effects, blood pressure, stress and genetics
- Live a healthy lifestyle because plaque build-up can start very young
- The body needs healthy food and exercise to stay focused and energized
- Genetics:
  - Learn about family health history
  - Obtain their own numbers to lower risk of heart disease