

MS Curriculum Overview

1. Course Title	5th Grade Health			
2. Course Overview	This semester-long Health Education course helps students develop the knowledge and skills needed to make healthy decisions and promote overall well-being. Students will explore the components of healthy communication, effective goal-setting strategies, and develop the skills to make healthy decisions related to nutrition and disease prevention. Through discussions, activities, and self-reflection, students will strengthen their ability to manage challenges and support lifelong health and wellness.			
3. Main Resource Used	Healthy and Balanced Living Curriculum Framework Connecticut State Department of Education			
4. Unit Sequence & Titles	Unit 1 Communication Skills	Unit 2 Nutrition	Unit 3 Goal Setting	Unit 4 Disease Prevention