

**Arizona's Ten Major Content Areas in Health Education
Six Articulated to the Halle Heart Children's Museum
5th Grade Curriculum**

CONTENT AREA	DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
1. Community Health	Includes such topics as individual responsibility; healthful school, home and community environments; community health resources and facilities; official and nonofficial health agencies; health service careers; pollution control; community involvement; current issues; and trends in medical care	Stay on Course The Marketplace 9-1-1 Action Theater Who Killed Eldon Finney? The Beat Goes On
5. Injury Prevention and Safety	Includes learning first aid and emergency health care and addresses the prevention of unintentional injuries	9-1-1 Action Theater
7. Nutrition	Addresses a balanced diet, food preparation, reading and understanding food labels, differences in nutritional needs for pregnant women, and more	The Marketplace Kitchen Café
8. Personal Health	Includes physical fitness and lifetime activities, cardiovascular health, sleep, rest, relaxation, recreation, growth and development, oral health, vision and hearing, body systems and their functions, aging, personal wellness plans, and positive health habits and choices	All Creatures Great and Small Stay on Course The Marketplace 9-1-1 Action Theater The Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
9. Prevention and Control of Disease	Addresses heart disease, stroke, diabetes, cancer, HIV/AIDS and others	All Creatures Great and Small Stay on Course The Marketplace 9-1-1 Action Theater The Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
10. Substance Use and Abuse	Refers to the use and misuse of tobacco, alcohol, and other drugs and often includes topics such as positive decision-making, individual responsibility, substances beneficial to mankind, the classification of substances and their effects on the body, and the formation of habits and their influence	Stay on Course

**Arizona Science Standards
Articulated to the Halle Heart Children's Museum
5th Grade Curriculum**

Strand 3: Science in Personal and Social Perspectives.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
2: Science and Technology in Society. Students will understand the impact of technology.	PO 1: Describe the relationship between science and technology.	9-1-1 Action Theater

Strand 4: Life Sciences.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
1: Structure and Function in Living Systems Understand the relationships between structures and functions of organisms.	PO 2. Identify the following types of muscles: <ul style="list-style-type: none"> • Cardiac-heart • Smooth-stomach • Skeletal-biceps 	All Creatures Great and Small Stay on Course The Marketplace 9-1-1 Action Theater The Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart

Arizona Comprehensive Health Education Standards Articulated to the Halle Heart Children's Museum 5th Grade Curriculum

Standard 1 (Foundations, Grades 4-8): Students comprehend concepts related to health promotion and disease prevention.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
1CH-E1: Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.	PO 1: Describe positive health behaviors which can prevent common injuries, diseases and other conditions	Stay on Course The Marketplace Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
	PO 2: Describe harmful effects of substance use	Stay on Course
1CH-E3: Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.	PO 1: Contrast healthy and unhealthy lifestyles	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
	PO 2: Describe the effects on healthy and unhealthy lifestyles on health, growth and development	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
1CH-E4: Describe how family and peers influence the health of adolescents.	PO 2: Classify healthy and unhealthy choices that you have learned from family and peers	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On
1CH-E6: Describe ways to reduce risks related to adolescent health problems.	PO 1: Identify changes adolescents can make in their lifestyle to reduce health risks	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
1CH-E7: Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.	PO 1: Explain how an individual lifestyle and family history can prevent or cause health problems	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
1CH-E8: Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate	PO 1: Identify the basic nutrients and identify their uses in the body	The Marketplace Kitchen Cafe

weight, appearance and wellness		
	PO 2: Describe how a balanced and nutritious diet is related to weight, appearance and wellness	The Marketplace Kitchen Cafe

Standard 2: Students demonstrate the ability to access accurate health information.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
2CH-E2 Describe how media influences the selection and use of health information, products and services	PO 1: Explain how media influences the selection of health information and products	Stay on Course Who Killed Eldon Finney? Kitchen Café
2CH-E4 Describe situations requiring professional health services	PO 1: Same as concept	9-1-1 Action Theater
2CH-E5: Identify emergency preparedness and emergency resources (e.g., first aid, CPR)	PO 1: List emergency resources	9-1-1 Action Theater

Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
3CH-E1: Explain the importance of assuming responsibility for personal behaviors	PO 1: Illustrate examples of responsible healthy behavior	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
3CH-E2 Identify strengths of and risks to ones personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both	PO 1: Compare personal and family health risks and strengths PO 2: Explain ways to reduce risks and increase strengths	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
3CH-E3 Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition, risky: the use of tobacco, alcohol and other drugs)	PO 1: List differences between responsible and risky behaviors	Stay on Course Kitchen Cafe Who Killed Eldon Finney?
3CH-E6: Perform basic safety, first aid and lifestyle saving techniques	PO 1: Demonstrate basic safety techniques	9-1-1 Action Theater

Standard 4: Students analyze the influence of culture, media, technology, and other factors on health.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
4CH-E2: Explain how messages from media and other sources influence health behaviors	PO 1: Determine the way media messages influence your health	Stay on Course Kitchen Cafe Who Killed Eldon Finney?
4CH-F4: Describe how information from peers influences health	Same as concept	Stay on Course Who Killed Eldon Finney?

Standard 6: Students demonstrate the ability to use goal setting and decision-making skills to enhance health.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
6 CH-E2: Explain how decisions regarding health behaviors have consequences for self and others	PO 1: Identify five (positive or negative) health behaviors PO 2: Define the consequences of the above health behaviors	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
6CH-E3 Describe how personal health goals are influenced by information, abilities, priorities and responsibilities	PO 1: List five behaviors that maintain personal health	Stay on Course The Marketplace Kitchen Cafe Who Killed Eldon Finney? The Beat Goes On Follow Your Heart
6CH-E4: Develop a plan that addresses personal strengths, needs and health risks, and apply strategies and skills needed to attain personal health goal	PO 1: Develop three personal health goals	Who Killed Eldon Finney?

**Arizona Physical Education Standards
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Standard 2: Students comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems and to become self-directed lifelong learners who are informed physical activity consumers.

CONCEPTS	PERFORMANCE OBJECTIVE DESCRIPTION	HALLE HEART CHILDREN'S MUSEUM EXHIBIT
2PA-E1: Describe the relationship between a healthy lifestyle and feeling good	PO 1: Give examples of the benefits derived from regular physical activities	The Beat Goes On
2PA-E3: Describe physiological indicators of exercise during and after physical activity	PO 1: Demonstrate ability to calculate resting and target heart rate	The Beat Goes On
	PO 2: Monitor heart rate before during and after vigorous physical activity	The Beat Goes On
2PA-E4-Explain the concept of target zones for health-related physical fitness	PO 1: Same as Concept	The Beat Goes On