

| 5th Grade Health Pacing Guide | | | | | |
|---|------|--------|---------|------------|--------------|
| Chapters | Days | Opener | Lessons | Assessment | Year-to-Date |
| Chapter 1: Personal Growth & Development (PGD) | 4 | 1 | 5 | 2 | 6 |
| Chapter 2: Pregnancy & Parenting (PP) | 2 | 1 | 1 | 1 | 9 |
| Chapter 3: Social & Sexual Health (SSH) | 2 | 1 | 4 | 2 | 13 |
| Chapter 4: Emotional Health (EH) | 2 | 1 | 8 | 4 | 19 |
| Chapter 5: Community Health Services (CHSS) | 2 | 1 | 8 | 4 | 25 |
| Chapter 6: Nutrition (N) | 2 | 1 | 10 | 5 | 29 |
| Chapter 7: Physical Fitness (PF) | 3 | 1 | 8 | 4 | 36 |
| Chapter 8: Lifelong Fitness (LF) | 2 | 1 | 6 | 3 | 41 |
| Chapter 9: Movement Skills & Concepts (MSC) | 4 | 1 | 6 | 3 | 48 |
| Chapter 10: Personal Safety (PS) | 4 | 1 | 8 | 4 | 56 |
| Chapter 11: Health Conditions & Diseases (HCDM) | 3 | 1 | 10 | 5 | 64 |
| Chapter 12: Alcohol, Tobacco, & Other Drugs (ATD) | 3 | 1 | 4 | 2 | 69 |
| Chapter 13: Dependency, Substance Disorder (DSDT) | 3 | 1 | 4 | 2 | 74 |