

Weller Health Education Center

Life Begins

Healthy Bodies series

45 minute, outreach program

Grades 5 - 6

Course Description

A sensitive, science-driven presentation of how life begins, including the female and male reproductive systems, fetal development and birth.

Objectives

1. Define fertilization.
2. Identify two female reproductive organs and their function.
3. Identify one male reproductive organ and its function.
4. Name the male and female reproductive cells.

PA Standards

Health, Safety and PE Standards:

- 10.1.6.A Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
- Education
- 10.1.6.B Identify and describe the structure and function of the major body systems.
- Reproductive
- 10.1.6.E Identify health problems that can occur throughout life and describe ways to prevent them.
- Preventions (sexual abstinence)
- 10.2.6.D Describe and apply the steps of a decision-making process to health and safety issues.

Cross Curricular Opportunities

Science:

- 3.1.7.A Explain how cells arise from pre-existing cells.
- 3.1.6.A.5 Describe basic structures that plants and animals have that contribute to make or find food and reproduce.
- 3.7.A5 Explain how the cell is the basic structural and functional unit of all living things.
- 3.1.7.A.7 Compare life processes (e.g. growth digestion) at the organism level with life processes at the cellular level.
- 3.1.7.B.1 Explain how genetic instructions influence inherited traits.
- 3.1.7 B.2 Compare sexual reproduction with asexual reproduction.

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Reading, Writing, Speaking and Listening:

- 1.6.5,6 Listen critically and respond to others in small and large group situations
- Respond with grade level appropriate questions, ideas, information, or opinions.

RELA Lesson Ideas

- 1.4.5,6.B Write multi-paragraph informational pieces (e.g., letters, descriptions, reports, instructions, essays, articles, interviews).

- Use relevant graphics (maps, charts, graphs, tables, illustrations, photographs)

- 1.5.5.A Write with a clear focus, identifying topic, task, and audience.

- 1.5.6.A Write with a clear focus, identifying topic, task, and audience establishing a single point of view.

5th Grade: Puberty can be a difficult time for everyone. Write a guide to puberty, explaining why our bodies go through those changes.

6th Grade: You have been assigned to be a mentor to a 4th grade student. He/she have been hearing rumors about puberty and is scared. Write an explanation to your 4th grade about puberty helping them to not feel so scared.

The **Healthy Bodies** series also includes these programs:

Dental Detectives, grades Pre-K – 1

Handful of Healthy Habits, grades Pre-K – 1

Kids in Motion, grades 1 – 3

Odorology, grade 4

Body Smarts, grades 5 – 7

Big Changes, Big Choices, grades 6 – 8

NoBody's Perfect, grades 6 – 10

Stress Less, grades 6 – 12

Who Do You Trust?, grades 8 – 12

Better Start Early, grades 9 – 12