

2024-25 (Website talking points)
Chad Peloquin 5th grade Health

Nutrition & Exercise (Create Crossfit program)

- Why should we exercise everyday?
- What are some good exercises that you could do to get your heart rate up at or above 120-180?
- What is a good resting heart rate?
- What would be a good lower body exercise?
- What would be a good upper body exercise?
- What would be a good core exercise?
- What are some healthy foods that we should try and eat everyday?
- What is the best drink to keep you hydrated?
- How long does it take to create a healthy habit?

Body Systems (Bones/Skeletal/Heart)

- What are some good foods that help strengthen your bones/skeletal system/heart?
- What is in these foods that help your bones/skeletal system/heart?

Mental Health (Discussions)

- How does mental health affect your body/mind?

Good Decision Making (Vape/tobacco/drugs/alcohol/brain & body development)

- How is the vaping/tobacco industry trying to get new clients (what is their trick)?

Consumer Safety (things are not always as they seem, good decision making)

- Social media and the negative effects it can have on people.

Respiratory Systems

(CPR "youtube 3D video of compressions practice with Trisha Harris if available)

-First Aid

- How deep do you press down when giving CPR and why is it important?
- What is an AED?
- Can you get in trouble if you try to help someone who needs CPR?

Puberty Education (Boys with PE teacher.. Girls with school nurse)

Videos:

- 2016 "CPR in Schools Training Kit" (Trisha Harris Special Guest for the week)
- 2011 "Germs & Your Health" (Bill Nye)
- 2013 "Heart" (Bill Nye)
- 2013 "Bones & Muscles" (Bill Nye)
- 2001 "Skeletal & Muscular Systems" (Human Body in Action)
- 2013 "Nutrition" (Bill Nye)

- 2001 "Health & Nutrition" (Human Body in Action)
- 2005 "The New Food Pyramid" (New Dimension)