

### Course Description:

Health Education – Grade 4 (1 of 1) explores physical, mental, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include understanding the human body, good hygiene, food and nutrition, physical activity, disease and injury prevention, gangs and bullying, the effects of harmful substances, interpersonal skills, managing feelings, and personal safety. The course includes two projects: “Make a Health Decision” and “Set a Personal Health Goal.”

### Course Objectives:

- Identify and explain body parts and organs, their purpose, and how they work together in body systems.
- Explain different parts of health and how to show healthy behaviors.
- Describe behaviors that prevent common health problems and keep you healthy.
- Describe nutrients in food and portion sizes and how to use them to make healthy food choices.
- Identify the benefits of physical activity and how to increase and track your physical activity.
- Identify nutrition information on food labels or menus and use it to determine if food is healthy.
- Explain why it is important to drink plenty of water during exercise.
- Identify different kinds of germs and disease, how they affect the body, and how to prevent them.
- Make a healthy decision using critical thinking and steps, and describe the outcome.
- Identify and find reliable health information, products, and services and share it with others.
- Describe and show ways to prevent injuries and deal with emergency situations.
- Give opinions about health issues.
- Show how to read and follow labels on household products.
- Describe negative influences and how to deal with conflicts or negative situations.
- Describe the people and things that influence your health, choices, and behaviors.
- Discuss bullying and abuse how to deal with them.
- Show ways to communicate with different people safely and respectfully.
- Describe why it is important to be a positive role model for health and how to encourage others to make healthy choices.
- Describe the harmful effects of alcohol, tobacco, and drugs on the body and how to avoid them.
- Set a personal health goal and find resources to help you meet your goal.
- Describe how to get advice from trusted adults and how to communicate clearly to meet your needs.
- Describe prescription and nonprescription medications and the differences between medication and illegal drugs.
- Describe different ways to manage stress.
- Describe and show healthy behaviors toward others.
- Describe the stages of human life, including puberty, using reliable health information.
- Describe things that affect how you feel about yourself and how to take care of your body.
- Define sexually transmitted diseases, how they spread, and how to protect yourself from them.

### Required Materials:

Required:

- printables (see Course Syllabus for link)
- printer and printer paper (for printables)

- coloring tools such as crayons and markers
- household product with a label
- large piece of paper to make a poster
- paper
- pencil

Optional:

- colored pencils

## Course Overview:

### Unit 01: Focus on Your Personal Health

- *Lesson 01: The Body and Types of Health*
  - Activity 01: Instruction: Know the Parts of Body Systems
  - Activity 02: Practice: Know the Parts of Body Systems
  - Activity 03: Instruction: Understand How Body Systems Work
  - Activity 04: Practice: Understand How Body Systems Work
  - Activity 05: Instruction: Understand Different Types of Health
  - Activity 06: Practice: Understand Different Types of Health
  - Activity 07: Checkpoint: The Body and Types of Health
- *Lesson 02: Healthy Behaviors*
  - Activity 01: Warm-Up: Review Different Types of Health
  - Activity 02: Instruction: Use Healthy Behaviors
  - Activity 03: Practice: Use Healthy Behaviors
  - Activity 04: Instruction: Lower Your Health Risks
  - Activity 05: Practice: Lower Your Health Risks
  - Activity 06: Checkpoint: Healthy Behaviors
- *Lesson 03: Keep Clean and Get Some Rest*
  - Activity 01: Warm-Up: Review Healthy Behaviors
  - Activity 02: Instruction: Keep Your Body Clean
  - Activity 03: Practice: Keep Your Body Clean
  - Activity 04: Instruction: Sleep Is Important
  - Activity 05: Practice: Sleep Is Important
  - Activity 06: Checkpoint: Keep Clean and Get Some Rest

## Unit 02: Eat Right and Move Your Body

- *Lesson 04: Know How to Eat Healthy*
  - Activity 01: Warm-Up: Review Why Sleep Is Important
  - Activity 02: Instruction: Make Healthy Food Choices
  - Activity 03: Practice: Make Healthy Food Choices
  - Activity 04: Instruction: Look at Food Labels and Menus
  - Activity 05: Practice: Look at Food Labels and Menus
  - Activity 06: Checkpoint: Know How to Eat Healthy
- *Lesson 05: Pay Attention to Your Food Choices*
  - Activity 01: Warm-Up: Review Healthy Food Choices
  - Activity 02: Instruction: Know What Affects Food Choices
  - Activity 03: Practice: Know What Affects Food Choices
  - Activity 04: Instruction: Cut Down on Sugar
  - Activity 05: Practice: Cut Down on Sugar
  - Activity 06: Checkpoint: Pay Attention to Your Food Choices
- *Lesson 06: Be Active and Healthy*
  - Activity 01: Warm-Up: Review What Affects Food Choices
  - Activity 02: Instruction: Physical Activity Makes You Healthy
  - Activity 03: Practice: Physical Activity Makes You Healthy
  - Activity 04: Instruction: Different Levels of Physical Activity
  - Activity 05: Instruction: Focus on Your Physical Activity
  - Activity 06: Practice: Physical Activity
  - Activity 07: Checkpoint: Be Active and Healthy

## Unit 03: Take Care of Yourself and Your Health

- *Lesson 07: Know about Sickness and Disease*
  - Activity 01: Warm-Up: Physical Activity Makes You Healthy
  - Activity 02: Instruction: Know about Different Kinds of Germs
  - Activity 03: Practice: Know about Different Kinds of Germs
  - Activity 04: Instruction: Tell How Germs Affect the Body
  - Activity 05: Practice: Tell How Germs Affect the Body

- Activity 06: Checkpoint: Know about Sickness and Disease
- Activity 07: Project: Health Decision: Identify a Situation
- *Lesson 08: Know about Diseases and Prevention*
  - Activity 01: Warm-Up: Review How Viruses Affect the Body
  - Activity 02: Instruction: How to Prevent Diseases
  - Activity 03: Practice: How to Prevent Diseases
  - Activity 04: Instruction: How to Seek Health Care
  - Activity 05: Practice: How to Seek Health Care
  - Activity 06: Checkpoint: Know about Diseases and Prevention
  - Activity 07: Project: Health Decision: Know the Steps
- *Lesson 09: Find Information about Health*
  - Activity 01: Warm-Up: How to Seek Health Care
  - Activity 02: Instruction: Find Reliable Health Information
  - Activity 03: Instruction: Health Products and Services
  - Activity 04: Practice: Health Information, Products, Services
  - Activity 05: Checkpoint: Find Information about Health
  - Activity 06: Project: Health Decision: Make Your Decision
  - Activity 07: Project: Health Decision: Submit

#### Unit 04: Stay Safe and Prevent Injuries

- *Lesson 10: Use Safe Habits*
  - Activity 01: Warm-Up: Health Information, Products, Services
  - Activity 02: Instruction: How to Prevent Injuries
  - Activity 03: Practice: How to Avoid Injuries
  - Activity 04: Instruction: Protect Your Body
  - Activity 05: Practice: Protect Your Body
  - Activity 06: Checkpoint: Use Safe Habits
- *Lesson 11: Know How to Handle an Emergency*
  - Activity 01: Warm-Up: How to Prevent Injuries
  - Activity 02: Instruction: Emergency Situations
  - Activity 03: Practice: Emergency Situations

- Activity 04: Instruction: Be Aware of Harmful Chemicals
- Activity 05: Practice: Be Aware of Harmful Chemicals
- Activity 06: Checkpoint: Know How to Handle an Emergency
- *Lesson 12: Stay Away from Dangerous Situations*
  - Activity 01: Warm-Up: Review Emergency Situations
  - Activity 02: Instruction: How to Avoid Gangs and Violence
  - Activity 03: Practice: How to Avoid Gangs and Violence
  - Activity 04: Instruction: The Right Way to Resolve Conflict
  - Activity 05: Practice: The Right Way to Resolve Conflict
  - Activity 06: Checkpoint: Stay Away from Dangerous Situations

#### Unit 05: Relationships and Your Safety

- *Lesson 13: Know How to Interact with Others*
  - Activity 01: Warm-Up: Review How to Resolve Conflict
  - Activity 02: Instruction: How Other People Affect Your Health
  - Activity 03: Practice: How Other People Affect Your Health
  - Activity 04: Instruction: Know How to Deal with a Bully
  - Activity 05: Practice: Know How to Deal with a Bully
  - Activity 06: Instruction: Be Kind to Others
  - Activity 07: Practice: Be Kind to Others
  - Activity 08: Checkpoint: Know How to Interact with Others
- *Lesson 14: Understand Abuse and Internet Safety*
  - Activity 01: Warm-Up: Review How to Deal with a Bully
  - Activity 02: Instruction: Understand Types of Abuse
  - Activity 03: Practice: Understand Types of Abuse
  - Activity 04: Instruction: Be Safe on the Internet
  - Activity 05: Practice: Be Safe on the Internet
  - Activity 06: Checkpoint: Understand Abuse and Internet Safety
- *Lesson 15: Healthy Schools and Communities*
  - Activity 01: Warm-Up: Review Types of Abuse
  - Activity 02: Instruction: How School Affects Your Health

- Activity 03: Practice: How School Affects Your Health
- Activity 04: Instruction: Community and Culture Affect Health
- Activity 05: Practice: Community and Culture Affect Health
- Activity 06: Checkpoint: Healthy Schools and Communities

#### Unit 06: Live a Healthy Lifestyle

- *Lesson 16: How Harmful Substances Affect You*
  - Activity 01: Warm-Up: Review How Schools Encourage Good Health
  - Activity 02: Instruction: Medications and Illegal Drugs
  - Activity 03: Practice: Medications and Illegal Drugs
  - Activity 04: Instruction: Alcohol and Tobacco
  - Activity 05: Practice: Alcohol and Tobacco
  - Activity 06: Checkpoint: How Harmful Substances Affect You
  - Activity 07: Project: Personal Health Goal: Set a Goal
- *Lesson 17: Know How to Say No*
  - Activity 01: Warm-Up: Review How Harmful Substances Affect You
  - Activity 02: Instruction: Peer Pressure
  - Activity 03: Practice: Peer Pressure
  - Activity 04: Instruction: Use Refusal Skills
  - Activity 05: Practice: Use Refusal Skills
  - Activity 06: Checkpoint: Know How to Say No
  - Activity 07: Project: Personal Health Goal: Track a Goal
- *Lesson 18: Have a Positive Mindset*
  - Activity 01: Warm-Up: Review Refusal Skills
  - Activity 02: Instruction: Understand Your Feelings
  - Activity 03: Practice: Understand Your Feelings
  - Activity 04: Instruction: Know How to Manage Stress
  - Activity 05: Practice: Know How to Manage Stress
  - Activity 06: Checkpoint: Have a Positive Mindset
  - Activity 07: Project: Personal Health Goal: Reach a Goal
  - Activity 08: Project: Personal Health Goal: Submit

