

### Course Description:

Comprehensive 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, personal safety, the reproductive system, puberty, personal hygiene, and healthy relationships. 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

Unit 02: Eat Right and Move Your Body

Unit 03: Take Care of Yourself and Your Health

Unit 04: Stay Safe and Prevent Injuries

Unit 05: Relationships and Your Safety

Unit 06: Live a Healthy Lifestyle

Unit 07: Understand and Respect Your Growing Body