

Curriculum

HEALTH

GRADE 4

Approved by Instructional Council
6/10/08

STUDENT LEARNING OBJECTIVES
Grade 4
HEALTH

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 1 (State Standard # 1) Comprehend concepts related to health promotion and disease	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i> E1.1 Describe relationships between personal health behaviors and individual well-being	<i>Students will be able to:</i> a. Demonstrate an understanding of how their personal hygiene impacts their individual well being
E1.2 Describe the interrelationship of mental, emotional, social and physical health during childhood; develop an appreciation of one's own body	a. Identify their individual strengths and challenges (Responsive Classroom)
E1.4 Explore how families can influence personal health	a. Identify positive ways in which immediate family members can impact their health and safety choices (Responsive Classroom)
E1.6 Identify health problems and illnesses that can be prevented or treated early	a. Demonstrate an understanding of importance of preventing the spread of disease through bodily fluids such as blood, urine and vomit
E1.7 Explain how childhood injuries can be prevented or treated	a. Distinguish when they can self treat an injury and when they need adult intervention b. Apply basic first aid for minor injuries
E1.10 Describe the physical and emotional changes that occur during puberty	a. View and discuss a gender specific video on female or male physical and emotional changes during puberty

STUDENT LEARNING OBJECTIVES
Grade 4
HEALTH

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 2 (State Standard # 2)</p> <p>Demonstrate the ability to access valid health information and health-promoting products and services</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>E2.1 Demonstrate the ability to locate valid health information, products and services</p>	<p><i>Students will be able to</i></p> <p>a. Identify and use appropriate personal hygiene products</p>
<p>E2.4 Discuss ways to obtain information about human growth and development from family, school personnel, health professionals and other responsible adults</p>	<p>a. Identify a responsible adult with whom they can discuss personal health issues (Responsive Classroom)</p>

STUDENT LEARNING OBJECTIVES
Grade 4
HEALTH

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 3 (State Standard # 3)	
Demonstrate the ability to practice health-enhancing behaviors to reduce health risks	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E3.2 List personal health needs	a. Compare their daily diets to the national health standards
E3.3 Compare behaviors that are safe to those that are risky or harmful	a. Describe fire safety prevention methods used in school
E3.4 Demonstrate strategies to improve or maintain personal health by examining influences and rules that affect decisions	a. Identify ways to improve their personal dietary intake b. Identify ways to improve their personal fitness levels (physical education)
E3.5 Develop and practice safety techniques to avoid and reduce injury and disease	a. Practice classroom, hallway and playground safety techniques b. Practice ways to prevent the spread of disease such as hand washing, tissue use and using antibacterial products
E3.6 Identify and practice skills to manage stress	a. Choose appropriate personal environment when dealing with stress or conflict such as going to a different place in a classroom (Responsive Classroom))

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Grade 4
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As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 5 (State Standard # 5) Demonstrate the ability to use interpersonal communication skills to enhance health</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E5.3 Describe emotions and how they can affect an individual's behavior	<ul style="list-style-type: none"> a. Communicate to others the impact of behavior on emotions (Responsive Classroom) b. Apply "Apology of Action" to appropriate situations (Responsive Classroom)
E5.4 Identify and demonstrate healthy ways to express needs, wants and feelings	<ul style="list-style-type: none"> a. Be an active member of a Responsive Classroom
E5.5 Identify, discuss and demonstrate ways to communicate care, consideration and respect for themselves and others	<ul style="list-style-type: none"> a. Create and follow classroom rules that reflect a caring, respectful and considerate classroom environment (Responsive Classroom)
E5.6 Demonstrate active listening skills to build and maintain healthy relationships with peers and family members	<ul style="list-style-type: none"> a. Identify and utilize appropriate reactions, comments and/or questions in a listening situation (Responsive Classroom)
E5.9 Demonstrate family peer, school and community strategies to prevent, manage and resolve conflicts and identify adults who might assist, when appropriate	<ul style="list-style-type: none"> a. Communicate the cause(s) of a conflict, apply resolution strategies and incorporate strategies into future conflict (Responsive Classroom)

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HEALTH

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 8 (State Standard # 8)	
Demonstrate the ability to advocate for personal, family and community health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E8.2 Express opinions about health issues based on accurate health information	a. Participate in class discussion about health related topics such as personal hygiene, diet and personal safety
E8.3 Identify and describe community agencies that advocate for healthy individuals, families and communities	a. Identify specific situations when they would seek the assistance of the school nurse, school resource officer, school guidance counselor and/or school psychologist (Responsive Classroom)
E8.4 Describe ways to encourage and support others in making positive health choices	a. Explain in written form the rationale for a personal healthy choice related to diet or hygiene
E8.6 Demonstrate positive ways to show care and consideration for others living with disease	a. Listen to a book such as <u>Alice's Diary, Living with Diabetes</u> and respond to a writing prompt
E 8.7 Promote positive healthy interpersonal relationships with respect and appreciation for each other	a. Demonstrate an acceptance and support of the differences in the social, emotional and academic levels of their peers by being kind, courteous and considerate of others (Responsive Classroom) b. Encourage peers to be kind, courteous and considerate of others (Responsive Classroom)