



Health
Fourth Grade

1.0 Students will comprehend concepts related to health promotion and disease prevention.

- 1.1 Describe and contrast the basic functions of the skeletal, muscular, circulatory, respiratory, nervous, and digestive system.
- 1.2 Differentiate between organs and systems.
- 1.3 Demonstrate responsible health and hygiene habits.
- 1.4 Explain 3 ways to cope with physical and emotional changes.
- 1.5 Introduce the physical and emotional aspects of male/female human growth.
- 1.6 Introduce the anatomy of the male/female and the reproductive system.
- 1.7 Introduce personal developmental changes.

2.0 Students will demonstrate the ability to access valid health information and health-promoting products and services.

- 2.1 Explain the importance of reading food labels.
- 2.2 Describe causes of allergies and ways to reduce the risk of allergy attacks.
- 2.3 Identify ways to prevent drug misuse.
- 2.4 Identify ways to prevent drug abuse.

3.0 Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

- 3.1 Explain ways to manage stress.
- 3.2 Categorize three communicable and three non-communicable diseases.
- 3.3 List five habits to prevent or reduce the probability of contracting communicable or non-communicable diseases.
- 3.4 Discuss how illegal drug use can transmit AIDS and other diseases.
- 3.5 Discuss that AIDS is currently incurable and results in serious illness and death.
- 3.6 Discuss that a casual encounter with a person with AIDS/HIV will not put them at risk of contracting the disease.
- 3.7 Discuss safety rules for riding in a bus to and from school/fieldtrips.

4.0 Students will analyze the influence of culture, media, technology and other

factors on health.

4.1 Identify appeals found in food ads.

5.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health.

5.1 Identify different kinds of emotions.

5.2 List strategies for controlling angry feelings.

5.3 Identify different types of abuse.

5.4 Identify bullying behaviors and apply coping skills to manage these.

5.5 Students will identify lures or traps used by adults to abduct or abuse children.

6.0 Students will demonstrate the ability to use goal setting and decision making skills to enhance health.

6.1 List the factors that affect growth.

6.2 List reasons to stay away from gangs.

6.3 List ways to reduce the risk of skin cancer.

7.0 Students will demonstrate the ability to advocate for personal, family and community health.

7.1 Describe what an emergency alert is.

7.2 Explain how to follow universal precautions.

7.3 Define environment.

7.4 Identify kinds of land, air, and water pollution.

7.5 List ways to reduce, recycle and reuse.