

KPBSD - Revised 2014

Fourth Grade Health Curriculum

Quarter 1 - Unit 1 Safety (Injury Prevention) and Emotional Health	Great Body Shop/Common Sense Media																		
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Everybody has the responsibility and right to be safe. - Individual choices have a role in keeping you safe (i.e. not smoking). - Understanding points of view affect how we act and how others react. - Risky and violent situations are unsafe. <p>Essential Questions:</p> <ul style="list-style-type: none"> - Who are the adults that can help keep me safe and how can I communicate with them? - How do individual choices keep ourselves and others safe? - How do my actions influence other people’s reactions? (empathy, bullying, privacy, grief, and more...) - What are causes of violence and how do we avoid risky situations? <p>Skills:</p> <ul style="list-style-type: none"> - I know and can identify who responsible adults are and know how to reach them when I am not safe. - I can explain positive and negative peer pressure and identify resistance skills (face to face and online). - I understand disagreements happen and can identify another’s point of view. - I can identify violent and risky situations and can explain how to get help. <p>Note: Teach - Internet safety harassment and smoking lesson CDC: 1,4,5,7,8 AK Health: A,B,C,D Alaska ELA Standards: 4.RL.3,6,10; 4.RI.1,3,6; 4.W.2,3,7; 4.SL.1,3,5 Alaska Cultural Standards CS:B – 2,3,4</p>	<p>Class rules, responsibilities - (PBIS)</p> <p>GBS (1) Community Safety</p> <p>L1. Who Keeps Us Safe and How Do They Do It L2. How the Community Handles Conflict L3. When Violence Breaks Out L4. My Part in Keeping the Community Safe</p> <p>GBS (5) It’s My Body</p> <p>L4. Preventing Abuse*</p> <ul style="list-style-type: none"> - Portfolio 4 Advising a Friend - Reinforcement Activity 22, 23, and 24 <p>*Required</p> <p>Common Sense Media</p> <p>The Power of Words, Rings of Responsibility, and Writing Good Emails</p> <p>Essential Vocabulary:</p> <table border="0"> <tr> <td>Respect</td> <td>Cyberbully</td> </tr> <tr> <td>Responsibility</td> <td>Frustrated</td> </tr> <tr> <td>Expectation</td> <td>Ethics</td> </tr> <tr> <td>Cooperation</td> <td>Sexual Harassment</td> </tr> <tr> <td>Violence</td> <td>Physical Abuse</td> </tr> <tr> <td>Negotiation</td> <td>Arbitration</td> </tr> <tr> <td>Common Sense</td> <td>Mediation</td> </tr> <tr> <td>Private/Privacy</td> <td>Verbal Abuse</td> </tr> <tr> <td>Sexual Abuse</td> <td></td> </tr> </table> <p>Assessments: End of Unit Quiz (GBS 1)</p>	Respect	Cyberbully	Responsibility	Frustrated	Expectation	Ethics	Cooperation	Sexual Harassment	Violence	Physical Abuse	Negotiation	Arbitration	Common Sense	Mediation	Private/Privacy	Verbal Abuse	Sexual Abuse	
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Quarter 2 - Unit 2 Nutrition, Growth, and Hygiene	Great Body Shop/Common Sense Media																								
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Our body is comprised of a series of organs that work in systems to function. - Proper nutrition and healthy choices ensure proper functioning of these body systems. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What are the uses of different types of teeth and how do we care for them properly? - What is the function of our ears and how do we protect them? - What are the parts of the digestive system and their functions? - How do healthy food choices influence body systems? <p>Skills:</p> <ul style="list-style-type: none"> - I can represent my thinking regarding the importance of dental hygiene and hearing conservation. - I can give examples of how healthy choices affect basic functions of the body systems. <p><i>CDC: 1,5,7</i> <i>AK Health: A,B,D</i> <i>Alaska ELA Standards: 4.RL.3,6,10; 4.RI.1,3,6; 4.W.2,3,7; 4.SL.1,3,5</i></p>	<p>GBS (2) Let's Talk Teeth</p> <ul style="list-style-type: none"> L1. How Teeth are Built L2. Those Useful Teeth L3. Caring for Your Teeth L4. Teeth Problems and Solutions <p>GBS (3) The Digestive System</p> <ul style="list-style-type: none"> L1. The Digestive Process, What Helps and What Hurts L2. The Balancing Act – Calories and Nutrients L3. It's Your Choice...Or Is It L4. Becoming a Careful Consumer <p>Essential Vocabulary</p> <table border="0"> <tr><td>Digestive system</td><td></td></tr> <tr><td>Digest</td><td>Saliva</td></tr> <tr><td>Mouth</td><td>Teeth</td></tr> <tr><td>Tongue</td><td>Esophagus</td></tr> <tr><td>Stomach</td><td>Digestive juices</td></tr> <tr><td>Small intestine</td><td>Liver</td></tr> <tr><td>Pancreas</td><td>Nutrients</td></tr> <tr><td>Large intestine</td><td>Cirrhosis</td></tr> <tr><td>Calorie</td><td>Bloated</td></tr> <tr><td>Dietitian</td><td>Misuse</td></tr> <tr><td>Influencers</td><td>Bulimia</td></tr> <tr><td>Nutritional facts</td><td></td></tr> </table> <p>Assessments: End of Unit Quizzes (GBS 2 and 3)</p>	Digestive system		Digest	Saliva	Mouth	Teeth	Tongue	Esophagus	Stomach	Digestive juices	Small intestine	Liver	Pancreas	Nutrients	Large intestine	Cirrhosis	Calorie	Bloated	Dietitian	Misuse	Influencers	Bulimia	Nutritional facts	
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Quarter 3 - Unit 3 Mental, Social, and Emotional Health	Great Body Shop/Common Sense Media
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Understanding human development is a lifelong process of physical, behavioral, cognitive, and emotional growth and change. - Each person develops attitudes and values that guide choices, relationships, and understanding and must begin to take responsibility for their own health. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What is the meaning of growing up? - What are strategies to manage strong emotions? - What are healthy habits (i.e. assets, goal setting, and body image) and personal hygiene? <p>Skills:</p> <ul style="list-style-type: none"> - I can identify and practice healthy habits of personal hygiene. - I can describe the stages of growing up. - I can connect how healthy behaviors influence my development and self-image. - I can demonstrate/role play strategies when dealing with strong emotions. <p><i>CDC: 1,25,7,8</i> <i>AK Health: A,B,C,D</i> <i>Alaska ELA Standards: 4.RL.3,6,10; 4.RI.1,3,6; 4.W.2,3,7; 4.SL.1,3,5</i></p>	<p>GBS (5) It's My Body</p> <ul style="list-style-type: none"> L1. Taking Care of Your Body L2. Critical Thinking to the Rescue L3. In Tune with Your Emotions <p>GBS (6) Be Cool, Be Clean</p> <ul style="list-style-type: none"> L1. Hormones and Body Changes L2. What is Good Hygiene L3. Illness Prevention and Good Hygiene L4. Looking Good, Feeling Great <p>Common Sense Media Picture Perfect</p> <p>Essential Vocabulary</p> <ul style="list-style-type: none"> Hormones Hygiene Body odor Lice Fungi Virus Bacteria Body fluids Infections Puberty Alter Product <p>Assessments: End of Unit Quizzes (GBS 5 and 6)</p>

Quarter 4 - Unit 4 Injury and Disease Prevention	Great Body Shop/Common Sense Media																										
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Healthy habits and positive assets help prevent illness and unhealthy risk taking behaviors such as addiction (video games, drugs and alcohol). - There are many strategies and community resources we can access to avoid risky behaviors. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What are positive assets in life that can help prevent drug abuse and addictions? - What are different types of drugs and how do they affect the body? - What is the importance of physical fitness? - What are supports I can access to avoid risky behaviors? <p>Skills:</p> <ul style="list-style-type: none"> - I can recognize the potential harmful effects of drugs and alcohol (marijuana, meth, inhalants, prescription drugs, and over the counter drugs). - I can discuss what addiction means and its potential effects. - I can list strategies and resources that support healthy behavior choices. - I can graph/chart/record my physical fitness activity to set and monitor my physical fitness goals. <p><i>CDC: 1,2,3,5,6,7,8</i> <i>AK Health: A,B,C,D</i> <i>Alaska ELA Standards: 4.RL.3,6,10; 4.RI.1,3,6; 4.W.2,3,7; 4.SL.1,3,5</i></p>	<p>GBS (4) No Smoking</p> <p>L1. How Smoking Harms the Body L2. Why Do People Smoke L3. Advertising and Other Influences on Your Behavior L4. Smoking and Your Community</p> <p>GBS (7) Stay Drug Free! Build Your Assets!</p> <p>L1. Drug-free and Asset Strong L2. Drugs: What They Are and What They Do L3. Making Smart Decisions L4. How and Where to Find Help</p> <p>Essential Vocabulary</p> <table border="0"> <tr> <td>Inhale</td> <td>Pressure</td> </tr> <tr> <td>Exhale</td> <td>Peers</td> </tr> <tr> <td>Carbon monoxide</td> <td>Drug</td> </tr> <tr> <td>Cilia</td> <td>Addicted/Addictive</td> </tr> <tr> <td>Alveoli</td> <td>Stimulants</td> </tr> <tr> <td>Stroke</td> <td>Depressants</td> </tr> <tr> <td>Heart attack</td> <td>Emphysema</td> </tr> <tr> <td>Blood clot</td> <td>Alcoholic</td> </tr> <tr> <td>Tumor</td> <td>Hallucinogens</td> </tr> <tr> <td>Lung cancer</td> <td>Goal</td> </tr> <tr> <td>Habit</td> <td>Short term goal</td> </tr> <tr> <td>Nicotine</td> <td>Long term goal</td> </tr> <tr> <td>Good decision</td> <td></td> </tr> </table> <p>Assessment: End of Unit Quizzes (GBS 4 and 7)</p>	Inhale	Pressure	Exhale	Peers	Carbon monoxide	Drug	Cilia	Addicted/Addictive	Alveoli	Stimulants	Stroke	Depressants	Heart attack	Emphysema	Blood clot	Alcoholic	Tumor	Hallucinogens	Lung cancer	Goal	Habit	Short term goal	Nicotine	Long term goal	Good decision	
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