

Fourth Grade Health – 2014 – Year at a Glance

Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>GBS (1) Community Safety 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 L4. Preventing Abuse* - Portfolio 4 Advising a Friend - Reinforcement Activity 22, 23, and 24</p> <p style="text-align: center;">*Required</p> <p>Common Sense Media The Power of Words, The Digital Citizenship Pledge, and Writing Good Emails</p>	<p>GBS (2) Let’s Talk Teeth L1. How Teeth are Built L2. Those Useful Teeth L3. Caring for Your Teeth L4. Teeth Problems and Solutions</p> <p>GBS (3) The Digestive System 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>	<p>GBS (5) It’s My Body L1. Taking Care of Your Body L2. Critical Thinking to the Rescue L3. In Tune with Your Emotions</p> <p>GBS (6) Be Cool, Be Clean L1. Hormones and Body Changes L2. What is Good Hygiene L3. Illness Prevention and Good Hygiene L4. Looking Good, Feeling Great</p> <p>Common Sense Media Picture Perfect</p>	<p>GBS (4) No Smoking 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! 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>