

## Grade 4 Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: [Eric\\_Bishop@hcpss.org](mailto:Eric_Bishop@hcpss.org), Coordinator or [Tempe\\_Beall@hcpss.org](mailto:Tempe_Beall@hcpss.org), Instructional Facilitator.

### Quarter 1 - Social & Emotional Health

#### *Lesson 1: Accessing Health Information*

- Describe characteristics of accurate and reliable health resources
- Identify accurate and reliable health resources

#### *Lesson 2: Growing & Changing*

- Identify physical, social and emotional changes that occur in late childhood
- Describe thoughts and feelings that go with growing and changing
- Identify ways trusted adults can help with difficult emotions or situations

#### *Lesson 3: Body Image*

- Describe how peers, media, family, society, and culture can influence ideas about body image

#### *Lesson 4: Healthy Relationships*

- Describe characteristics of healthy relationships
- Identify trusted adults to talk to about relationships
- Identify a benefit of healthy relationships

#### *Lesson 5: Communication Skills*

- *Demonstrate effective verbal and nonverbal communication skills.*

#### *Lesson 6: Online Safety*

- Identify information that should not be shared online
- Describe strategies for staying safe online
- Demonstrate the ability to ask a trusted adult for help when feeling personally threatened or unsafe online.

### Quarter 2 - Violence Prevention

#### *Lesson 1: Conflict 1*

- Describe how to use nonviolent means to solve interpersonal conflict.
- Describe examples of prosocial behaviors that help prevent conflict.
- Decide when a conflict needs adult attention.
- Propose safe, peaceful and fair ways to deal with conflict.

#### *Lesson 2: Conflict 2*

- Demonstrate healthy ways to manage or resolve conflict.
- Demonstrate how to effectively ask for adult help with serious conflicts.

#### *Lesson 3: Boundaries & Rights*

- Explain the relationship between consent, personal boundaries, and bodily autonomy.
- Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people.
- Explain the relationship between consent, personal boundaries, and bodily autonomy.
- Demonstrate how to set and respect healthy boundaries online and face-to-face.
- Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful.
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

#### *Lesson 4: Personal Body Safety*

- Explain age-appropriate privacy.
- Identify when to tell an adult about an unsafe situation
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

#### *Lesson 5: Getting Help with Body Safety*

- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Create a list of trusted people/community resources to notify or contact if sexual mistreatment, grooming, harassment, abuse, assault, and/or exploitation occur.
- Demonstrate verbal and nonverbal ways to ask trusted adults for help, including how to report unsafe, scary or harmful situations in the home, school, or community.

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### Quarter 3 - Personal Health

#### *Lesson 1: Food choices & Influences*

- Describe how the family, culture, peers, school, community, media and technology influence food choices

#### *Lesson 2: Nutrients*

- Identify the benefits of eating a wide variety of foods as they relate to nutrient categories.
- Summarize the benefits of eating a variety of nutritious foods.

#### *Lesson 3: Healthy Eating Guidelines*

- Explain the importance of eating a variety of nutritious foods.
- Explain nutritious eating patterns and the importance of consistent meals and snacks.
- Analyze the benefits of eating in moderation and in line with the idea that “all foods fit.”

#### *Lesson 4: Water*

- Explain the benefits of drinking water versus other beverages.

#### *Lesson 5: Food Safety*

- Describe how to keep food safe from harmful germs including how to avoid cross-contamination.

#### *Lesson 6: Healthy Eyes & Ears*

- Identify responsible personal health behaviors related to eye and ear health

### Quarter 4 - Personal Health & Disease Prevention

#### *Lesson 1 & 2: Understanding Infectious Disease*

- Describe the benefits of personal health care practices.
- Explain how universal precautions are effective ways to prevent many infectious diseases.
- Describe how to keep food safe from harmful germs including how to avoid cross-contamination.
- Describe the difference between infectious and non-infectious diseases.

#### *Lesson 3 & 4: Understanding Chronic Disease*

- Describe the benefits of personal health care practices.
- Identify symptoms that are associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others.