

Health Grade 4 Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<p><u>Mental and Emotional Health:</u></p> <p>Emotions</p> <p>Self and Social Awareness</p> <p>Relationships</p>	<p>Identify role models who demonstrate positive emotional health. 1a.4.1</p> <p>Describe situations that trigger strong emotions and safe and unsafe ways to respond. 1a.4.2</p> <p>Identify respectful ways to show empathy to others. 1a.4.3</p> <p>Describe how personal choices and behaviors impact self-worth. 1a.4.4</p> <p>Identify how to recognize and build on personal strengths. 1a.4.5</p> <p>Describe the benefits of healthy peer relationships. 1a.4.6</p>	<p>Who are some people that demonstrate positive emotional health?</p> <p>What are safe and unsafe ways to respond to strong emotions?</p> <p>What is empathy and how is it shown to yourself and others?</p> <p>How do choices and behaviors impact self-worth?</p> <p>How can I build strength in my life?</p> <p>What are the benefits of healthy peer relationships?</p> <p>How do personal relationships and interactions affect emotions?</p>

<p>Trusted Adults</p>	<p>Describe how relationships and interactions with others affect emotions. 1a.4.7</p>	<p>How can trusted adults help someone deal with difficult emotions and/or situations?</p>
<p>Stress and Anxiety</p>	<p>Identify ways trusted adults can help you or someone else deal with difficult emotions or situations. 1a.4.8</p>	<p>What are physical and emotional reactions to stress?</p> <p>How do you respond to stress?</p>
<p>Depression Awareness and Suicide Prevention</p>	<p>Explain physical and emotional reactions to stress. 1a.4.9</p>	
<p>Teasing, bullying, harassment, discrimination, and violence</p>	<p>Identify the need to discuss long-lasting troublesome feelings with a trusted adult. 1a.4.10</p> <p>Identify troublesome feelings and signals for support for which someone should seek help. 1a.4.11</p> <p>Explain the importance of telling a trusted adult if someone is in danger of hurting themselves or others.</p>	<p>Why is it important to discuss troublesome feelings with a trusted adult?</p> <p>What are some feelings and signals that a person might show when they need to seek help from a trusted adult?</p> <p>Why is it important to tell a trusted adult if someone is in</p>

	<p>Body image</p> <p>Grief and Loss</p>	<p>1a.4.12</p> <p>Identify when to report aggression, bullying, or violence. 1a.4.13</p> <p>Demonstrate what to do if you or someone else is being bullied. 1a.4.14</p> <p>Describe the impact of conflict, discrimination, and violence on mental and emotional health. 1a.4.15</p> <p>Describe how to use non-violent means to solve interpersonal conflict. 1a.4.16</p> <p>Describe how peers, media, family, society, and culture influence ideas about body. 1a.4.17</p> <p>Describe feelings and emotions associated with loss and grief. 1a.4.18</p>	<p>danger of hurting themselves or others?</p> <p>What does bullying look like?</p> <p>When should you report aggression, bullying, or violence to a trusted adult?</p> <p>What is the impact of conflict, discrimination, and violence on mental and emotional health?</p> <p>What are some non-violent ways to solve conflict with others?</p> <p>How do peers, media, family, society, and culture influence a person's ideas about body image?</p> <p>What are feelings and emotions associated with loss and grief?</p> <p>How can I manage strong emotions: including those associated with loss and grief?</p>
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		alcohol and nicotine products. 1b.4.6	environment?
	<p>Healthy Eating:</p> <p>Nutritious foods and beverages</p> <p>Water</p> <p>Moderation and “all foods fit”</p>	<p>Explain the importance of eating a variety of nutritious foods. 1e.4.1</p> <p>Identify the benefits of eating a wide variety of foods as they relate to nutrient categories. 1e.4.2</p> <p>Summarize the benefits of eating a variety of nutritious foods. 1e.4.3</p> <p>Explain the benefits of drinking water versus other beverages. 1e.4.4</p> <p>Explain nutritious eating patterns and the importance of consistent meals and snacks. 1e.4.5</p> <p>Analyze the benefits of eating in moderation and in line with the idea that “all foods fit.” 1e.4.6</p>	<p>Healthy Eating Unit Essential Questions:</p> <p>Why is it important to eat a variety of nutritious foods?</p> <p>What are the benefits of eating a wide variety of foods?</p> <p>How do nutrients benefit the body?</p> <p>What are the benefits of drinking water?</p> <p>Compare the benefits of drinking water versus other beverages.</p> <p>Why is it important to eat consistent meals and snacks?</p> <p>What is moderation?</p> <p>How can I practice moderation when making food choices?</p>

			How do various foods fit into your lifestyle?
	<p><u>Safety and Violence Prevention:</u></p> <p>Safety and injuries</p> <p>Accessing Trusted Adults</p>	<p>List ways to prevent injuries in the community. 1d.4.1</p> <p>Identify ways to reduce injuries from animals and insect bites and stings. 1d.4.2</p> <p>Identify safety precautions for playing and working outdoors in different kinds of weather and climates. 1d.4.3</p> <p>Explain the importance of sharing all information with parents, guardians, or trusted adults. 1d.4.4</p> <p>Create a list of trusted people/community resources to notify or contact if sexual mistreatment, grooming, harassment, abuse, assault, and/or exploitation occur. 1d.4.5</p> <p>Demonstrate verbal and nonverbal</p>	<p><u>Safety and Violence Prevention Unit Essential Questions:</u></p> <p>What are some steps to prevent injuries from happening?</p> <p>How can animal and insect bites/stings be prevented and treated?</p> <p>What are some precautions to take while working outside or playing outdoors in different kinds of weather and climates?</p> <p>Why is it important to share information with parents, guardians, an/or trusted adults?</p> <p>Who can I contact for concerns about unsafe, scary, or harmful situations?</p> <p>How can I ask a trusted adult for help?</p>

	<p>Technology Safety</p> <p>Boundaries and Consent</p> <p>Discrimination and Violence</p> <p>Bystander Intervention and</p>	<p>ways to ask trusted adults for help, including how to report unsafe, scary or harmful situations in the home, school, or community. 1d.4.6</p> <p>Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people. 1d.4.7</p> <p>Recognize the ways in which technology and media can impact physical and emotional safety. 1d.4.8</p> <p>Explain age-appropriate privacy. 1d.4.9</p> <p>Explain the relationship between consent, personal boundaries, and bodily autonomy. 1d.4.10</p> <p>Demonstrate how to set and respect healthy boundaries online and face-to-face. 1d.4.11</p>	<p>How can I report an unsafe, scary, or harmful situation?</p> <p>How can I express affection or positive feelings toward others?</p> <p>How do technology and media impact physical and emotional safety?</p> <p>What is meant by privacy?</p> <p>What is consent?</p> <p>What are your personal boundaries?</p> <p>What are your body boundaries?</p> <p>How can you establish healthy boundaries online and face-to-face?</p>
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	<p>Compassion for Victims</p>	<p>Describe prejudice, discrimination, and bias. 1d.4.12</p> <p>Demonstrate what to say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful. 1d.4.17</p> <p>Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.4.18</p>	<p>What is prejudice?</p> <p>What is discrimination?</p> <p>What is bias?</p> <p>What can you say and do when witnessing or experiencing something that feels uncomfortable, unsafe, or disrespectful?</p> <p>Understand that it is never a person's fault if someone causes them to feel unsafe.</p>
	<p><u>Family Life and Human Sexuality</u></p> <p>Healthy Relationships and Consent</p>	<p>Identify parents, caregivers, or other trusted adults (e.g., counselors and other health care professionals) that students can talk with about relationships, puberty, and health. 1c.4.1</p> <p>Explain the relationship between</p>	<p>Who are some trusted adults that you can talk to about your body and how it is growing and changing?</p> <p>What is consent?</p>

	<p>Puberty and Adolescent Sexual Development</p>	<p>consent, personal boundaries, and bodily autonomy. 1c.4.2</p> <p>Identify the physical, social, and emotional changes that occur during puberty. 1c.4.4</p> <p>Explain how the onset and progression of puberty varies considerably. 1c.4.5</p> <p>Identify human reproductive systems including medically accurate names for internal and external genitalia and their functions. 1c.4.6</p>	<p>What are your personal boundaries?</p> <p>What are your body boundaries?</p> <p>How can you communicate your personal boundaries and body boundaries to others?</p> <p>What physical changes occur during puberty?</p> <p>What social changes occur during puberty?</p> <p>What emotional changes occur during puberty?</p> <p>Understand that the onset and progression of puberty varies from person to person.</p> <p>Understand that your body will begin puberty and progress through puberty at a rate that is right for you.</p> <p>What are the parts of the human reproductive system?</p> <p>What is the function of the</p>
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			reproductive system?
	<p><u>Disease Prevention and Control:</u></p> <p>Hygiene</p> <p>Food and Illness</p> <p>Sleep</p> <p>Disease</p>	<p>Describe the benefits of personal health care practices. 1f.4.1</p> <p>Describe how to keep food safe from harmful germs including how to avoid cross-contamination. 1f.4.2</p> <p>Explain why sleep and rest are important for proper growth and good health. 1f.4.3</p> <p>Identify symptoms that are</p>	<p>Why is it important to practice personal hygiene?</p> <p>How can you take care of your personal health care/body?</p> <p>Why is it important to keep food safe from harmful germs?</p> <p>How can I wash and prepare food in healthful ways?</p> <p>How can I prevent cross-contamination of foods when preparing or store foods?</p> <p>How can I reduce the germs in or on my food?</p> <p>What is the importance of sleep and rest?</p>

		<p>associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others.1f.4.4</p>	<p>What are symptoms of common childhood disease, conditions, and illnesses?</p> <p>How can some common childhood diseases, conditions, and illnesses be prevented?</p> <p>How can some common childhood diseases, conditions, and illnesses be treated?</p>
	<p><u>Human Body</u></p> <p>Body Systems</p>	<p>Explain the function and parts of the skeletal system.</p> <p>Explain the function and parts of the circulatory system.</p> <p>Explain the function and parts of the digestive system.</p> <p>Explain the function and parts of the digestive system.</p> <p>Explain the function and parts of the muscular system.</p> <p>Explain the function and parts of the</p>	<p>What are the parts of the digestive system?</p> <p>What is the function of the muscular system?</p> <p>What are the parts of the muscular system?</p> <p>What is the function of the respiratory system?</p> <p>What are the parts of the respiratory system?</p> <p>How can you take care of each of</p>

		respiratory system.	your body systems?
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