



Carlstadt Public School District Curriculum Guide

Health Grade 4 - 40 minutes 2x/week - full year

Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Community Health and Safety (Including Violence Prevention)	4 weeks	Community safety laws and regulations; resolving conflicts peacefully; different forms of violence and triggers; decision-making steps for group tactics to avoid violence; personal goals for community safety; efforts to discourage drugs; harassment and bully prevention; community resources; community influences on health choices	2.1.5.CHSS.1; 2.1.5.CHSS.2 2.1.5.EH.1; 2.1.5.EH.3; 2.1.5.EH.4 2.1.5.SSH.3; 2.1.5.SSH.4; 2.1.5.SSH.5; 2.2.5.LF.5; 2.2.5.MSC.3; 2.3.5.DSDT.5; 2.3.5.PS.1
Functions of the Body	4 weeks	Teeth and dental care; oral health; mouth structure; dental products; dental professionals	2.1.5.CHSS.1; 2.1.5.EH.4; 2.1.5.PGD.1; 2.1.5.PGD.5; 2.1.5.SSH.3; 2.1.5.SSH.4; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.3.5.ATD.1; 2.3.5.HCDM.1 2.3.5.PS.1
Nutrition	4 weeks	Digestive process; calories; energy and nutrients; responsibility for eating and exercise; meal planning; aesthetic and sensory preferences; refusal skills; eating disorders; food groups; influences on food choices; nutritional goal setting; product labels; buying habits	2.1.5.PGD.1; 2.2.5.LF.1; 2.2.5.N.1; 2.2.5.N.2; 2.2.5.N.3; 2.2.5.PF.4; 2.2.5.PF.5; 2.3.5.HCDM.1; 2.3.5.HCDM.2
Substance Abuse Prevention	4 weeks	Effects of smoking; difficulty of changing habits; addictions: physical and psychological; advertising and other influences on behavior; secondhand smoke	2.1.5.EH.1; 2.1.5.SSH.4; 2.1.5.SSH.6 2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.ATD.3; 2.3.5.DSDT.1; 2.3.5.DSDT.2; 2.3.5.DSDT.3; 2.3.5.DSDT.5;



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			2.3.5.HCDM.1
Injury Prevention and Personal Safety	4 weeks	Safety hazards; things that hurt your body; common sense; taking responsibility; dangerous vs. harmless; making safe decisions; types of abuse; right to privacy; sharing with a trusted adult; predicting consequences; practicing refusal and communication skills; Internet safety; finding resources for help; developmental assets	2.1.5.CHSS.1; 2.1.5.CHSS.3; 2.1.5.EH.2; 2.1.5.EH.3; 2.1.5.EH.4; 2.1.5.PGD.2; 2.1.5.PGD.5; 2.1.5.SSH.6; 2.1.5.SSH.7; 2.3.5.ATD.3; 2.3.5.HCDM.3; 2.3.5.PS.1; 2.3.5.PS.3; 2.3.5.PS.5; 2.3.5.PS.6; 2.3.5.DSDT.4; 2.3.5.DSDT.5
Personal Growth and Development	4 weeks	Hormones and body changes; meaning of growing up physically and emotionally; managing strong emotions; practicing good hygiene; setting goals; value of keeping clean; personal strengths and challenges; decision making; cosmetics and hygiene products; role of nutrition in growth and development; awareness of external support systems	2.1.5.CHSS.1; 2.1.5.CHSS.3; 2.1.5.EH.1; 2.1.5.EH.3; 2.1.5.PGD.1; 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.PGD.4; 2.1.5.PP.1; 2.1.5.PP.2; 2.1.5.SSH.3; 2.1.5.SSH.4; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.1.5.SSH.7; 2.3.5.ATD.2; 2.3.5.DSDT.3; 3.5.DSDT.4 2.3.5.HCDM.3; 2.3.5.PS.1; 2.3.5.PS.3; 2.3.5.PS.5; 2.3.5.PS.6
Substance Abuse Prevention /Self - worth, Mental and Emotional Health	4 weeks	Identify drugs and effects on the body; value of being drug free; drug/HIV link; refusal skills; finding resources for help; developmental assets; media, peer, and behavioral influences; communication skills; goal setting; making healthful decisions	2.1.5.CHSS.1; 2.1.5.CHSS.3; 2.1.5.EH.1; 2.1.5.EH.3; 2.1.5.PGD.1; 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.PGD.4; 2.1.5.PGD.5; 2.2.5.LF.2; 2.2.5.N.2; 2.2.5.N.3; 2.3.5.HCDM.1; 2.3.5.HCDM.2; 2.3.5.HCDM.3
Disease and Illness Prevention	4 weeks	Illness prevention; immune system and HIV; decision making for healthy behavior; unhealthy risks; transmission of germs; disease and the community; Hepatitis, HIV, and other illnesses	2.1.5.CHSS.1; 2.1.5.CHSS.2; 2.1.5.EH.4; 2.1.5.SSH.4; 2.1.5.SSH.6; 2.2.5.PF.2; 2.2.5.PF.4; 2.2.5.PF.5; 2.3.5.ATD.2; 2.3.5.ATD.3;



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			2.3.5.DSDT.1; 2.3.5.DSDT.2; 2.3.5.DSDT.3; 2.3.5.DSDT.4; 2.3.5.DSDT.5
Functions of the Body	4 weeks	Function and care of the ear; responsible care of the body; hearing problems; disability awareness; different forms of communication	2.1.5.CHSS.1; 2.1.5.CHSS.2; 2.1.5.EH.1 2.1.5.SSH.4 2.3.5.HCDM.1
Physical Fitness	4 weeks	Exercise and muscles; defining physical fitness; benefits of exercise; practicing various forms of exercise and injury avoidance routines; setting goals for exercise and fitness; relationship between exercise and physical fitness; self-worth and stress reduction; types of physical activities; fitness pyramid	2.1.5.EH.1; 2.1.5.EH.2; 2.1.5.CHSS.2; 2.1.5.PGD.1; 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.SSH.2; 2.1.5.SSH.6; 2.2.5.MSC.6; 2.2.5.MSC.7; 2.2.5.PF.2; 2.3.5.HCDM.1; 2.3.5.HCDM.2; 2.3.5.PS.1