
4th Grade Health

Curriculum Guide

Scranton School District

Scranton, PA



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Fourth Grade Health Curriculum

Prerequisite :

Students will complete the 3rd Grade Health Education course.

Course Description Here

Fourth Grade Health Education will be taught by a certified Health & Physical Education Teacher. It will provide students with opportunities to learn about Health related issues critical to living a healthy lifestyle.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter

Topic	Resources	CCSS
Mental/Emotional/Social Health		
Growth Development		
Safety and injury prevention		

Health will be taught for 60 minutes in the first quarter at the teacher's discretion.

2nd Quarter

Topic	Resources	CCSS
Mental/Emotional/Social Health		
Growth Development		
Safety and injury prevention		

Health will be taught for 60 minutes in the second quarter at the teacher's discretion.

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3rd Quarter

Topic	Resources	CCSS
Mental/Emotional/Social Health		
Growth Development		
Safety and injury prevention		

Health will be taught for 60 minutes in the third quarter at the teacher’s discretion.

4th Quarter

Topic	Resources	CCSS
Mental/Emotional/Social Health		
Growth Development		
Safety and injury prevention		

Health will be taught for 60 minutes in the fourth quarter at the teacher’s discretion.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Essential Question	Assessments	Suggested Time
Growth and development	<p>10.1.6A Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes</p> <ul style="list-style-type: none"> ● education ● socioeconomic <p>10.1.6B Identify and describe the structure and function of the major body systems.</p>	<p>Describe changes in growth that occur during childhood.</p> <ul style="list-style-type: none"> ● crawling to walking ● height ● weight ● mental/learning ● social <p>Adolescence: Periods of great growth and change between childhood and adolescence</p> <p>Puberty: Period of rapid growth between childhood and adulthood</p> <p>Female Changes: Growth acne increase perspiration development of breasts wider hips beginning of menstrual cycle pubic hair formation of eggs growth spurt</p> <p>Male Changes: Broad shoulders deeper voice increase in perspiration pubic hair</p> <p>Reproductive system:</p>	<p>What are common changes during childhood?</p> <p>What changes take place during adolescence ?</p> <p>What is the function of the reproductive system?</p>	Teacher prepared tests, quizzes, etc.	

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		System of organs involved in producing offspring. Male and Female reproductive systems are different. It is a normal part of the life cycle of living things.			
	<p>10.1.6C Analyze nutritional concepts that impact health.</p> <ul style="list-style-type: none"> ● Caloric content of foods ● Relationships of food intake and physical activity (energy output) ● Nutrient requirements ● Label reading ● Healthful food selections (nutrient requirements during puberty) 	<p>Food Labels</p> <ul style="list-style-type: none"> ● designed to help consumers make healthful food choices and provides accurate nutritional information about the product. ● Essential nutrients <ul style="list-style-type: none"> ○ water ○ carbohydrates ○ protein ○ fats ○ vitamins ○ minerals ● healthy foods 	<p>Where can you find a food label? What are the 6 essential nutrients and the requirements of each? What are healthy foods?</p>	<p>Teacher prepared tests, quizzes, etc.</p>	

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<p>Mental, emotional, and social Health</p>	<p>10.2.6C Identify media sources that influence health and safety</p>	<p>Social Media is a series of websites and applications designed to allow people to share content quickly, efficiently and in real time.</p> <p>Rules to follow: How you can stay safe and avoid problems using social media:</p> <ul style="list-style-type: none"> ● Stick to safer sites ● guard your passwords ● limit what you share ● remember that anything you put online or post on a site is there forever, even if you try and delete it. ● Do not be mean or embarrass other people online. ● Always tell if you see strange or bad online behavior. ● Be Choosy about your online friends. 	<p>What is social media?</p> <p>How does social media impact health and safety?</p> <p>What can you do to be safe when using social media</p>		
	<p>10.2.6D Describe and apply the steps of a decision-making process to health and safety issues.</p>	<p>I.C.C.E Model</p> <p>Peer pressure: the influence that people of similar age place on a person to behave in a certain way.</p> <p>Values: important and enduring beliefs or ideals shared by the members of a culture/family</p>	<p>What are the steps in the decision making model?</p> <p>What is peer pressure?</p> <p>Why is it important to choose friends wisely?</p>	<p>Teacher prepared tests, quizzes, etc.</p>	

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		about what is good or desirable and what is not.	**Various scenarios using topics such as bullying, drugs, and alcohol		
Safety and injury prevention	<p>10.3.6A Explain and apply safe practices in the home, school, and community.</p> <ul style="list-style-type: none"> ● Emergencies (fire, natural disasters) ● Personal Safety (home alone, harassment) ● Communication 	<p>Reinforce the definition of a bully and bystander</p> <ul style="list-style-type: none"> ● Role of the Bystander ● Cyber/Electronic bullying ● Reinforce the actions of bullies ● Methods to combat bullying such as "I" messages 	<p>Review the definition of a bully?</p> <p>What is a bystander?</p> <p>What is cyber bullying?</p>	Teacher prepared tests, quizzes, etc.	
	<p>10.3.6B Know and apply appropriate emergency responses</p> <ul style="list-style-type: none"> ● Basic first aid ● Heimlich maneuver ● Universal precautions 	<p>First Aid</p> <ul style="list-style-type: none"> ● emergency care given to an injured or sick person, before a doctor <p>Basic First Aid</p> <ul style="list-style-type: none"> ● Choking ● Basic CPR ● Bleeding ● Poison ● Head and Neck 	<p>What is first AID?</p> <p>When should I use first aid?</p>	Teacher prepared tests, quizzes, etc.	
	<p>10.3.6C Describe strategies to avoid or manage conflict and violence</p> <ul style="list-style-type: none"> ● anger management ● Peer mediation 	<p>Anger</p> <ul style="list-style-type: none"> ● strong feeling or not being pleased with someone or something <p>Anger Management Skills</p> <ul style="list-style-type: none"> ● skills that are healthful ways to control and express anger 	<p>What are some non-violent ways we can respond when we are angry or upset?</p>	Teacher prepared tests, quizzes, etc.	

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	<ul style="list-style-type: none"> ● reflective listening ● negotiation 	<ul style="list-style-type: none"> ● taking deep breaths ● wait time ● I-messages ● Keep a sense of humor <p>Depression</p> <ul style="list-style-type: none"> ● is a form of mental illness that affects the whole body- it impacts the way and feels, thinks and acts ● Where to go if you are feeling sad <ul style="list-style-type: none"> ○ parents ○ teachers ○ guidance counselors ○ trusted adults ● Why people get depressed <ul style="list-style-type: none"> ○ Life events ○ family ○ environment ○ social issues ● Signs of depression <ul style="list-style-type: none"> ○ Sad for no reason ○ lack of energy/ feeling tired ○ feelings of anger ○ not caring about anything ○ negative self-comments 			
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		<ul style="list-style-type: none"> ○ not wanting to spend time with family/friends ○ suicidal thought of death ○ 			
		<p>Suicide:</p> <ul style="list-style-type: none"> ● Intentional taking of one's life ● When a person commits suicide, everyone is affected. (family, friends, classmates) ● Strategies of help when one is depressed <ul style="list-style-type: none"> ○ talk to someone ○ recognize that you are depressed ● Find people that support you (parents, siblings, teachers, and guidance counselors) ● Define self esteem <ul style="list-style-type: none"> ○ What a person thinks or believes about him/herself 		Teacher prepared tests, quizzes, etc.	

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