

Summit Public Schools
Summit, New Jersey
Grade Level: 4
Content Area: Health
Summer 2022

2.1 Personal and Mental Health

Personal Growth and Development
Pregnancy and Parenting
Emotional, Social and Sexual Health
Community Health Services and Support

Big Ideas:

- Puberty is a time of physical, social and emotional changes.
- Health is influenced by an interaction of body systems.
- Pregnancy can be achieved through a variety of ways.

Essential Questions

What provocative questions will foster inquiry, understanding, and transfer of learning?

- How does my body change during puberty?
- How do hormones impact mood?
- What are some personal hygiene strategies I can use during and after puberty?
- How does fertilization occur and what occurs following fertilization?

Enduring Understandings

What will students understand about the big ideas?

Students will understand:


- What changes to expect physically, socially and emotionally during puberty.
- Hormones can cause a change in mood.
- The changes that occur during puberty will necessitate a change in hygiene routine.
- The process of fertilization and how cells divide to create an embryo/fetus.

**Areas of Focus: Proficiencies
(New Jersey Student Learning Standards)**

- 2.1.5.PGD.1: Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity).
- 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.
- 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and

Lessons

Lesson:

- One, same sex, Growth and Development lesson taught by the Summit School Nurses.
- <https://www.youtube.com/watch?v=USllyTjAXas> “Puberty and Beyond” Google slide presentation with voice overs by Summit School Nurses.
-  Parent Resources 4th&5th grade G&D
- Open question and answer time.

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adolescence and why the onset and progression of puberty can vary.

- 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).
- 2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.
- 2.1.5.PP.1: Explain the relationship between sexual intercourse and human reproduction.
- 2.1.5.PP.2: Explain the range of ways pregnancy can occur (e.g., IVF, surrogacy).
- 2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety).
- 2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance.
- 2.1.5.SSH.5: Explain the importance of communication with family members, caregivers and other trusted adults about a variety of topics.
- 2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with family members.
- 2.1.5.SSH.7: Define teasing, harassment and bullying and provide examples of inappropriate behaviors that are harmful to others.
- 2.1.5.CHSS.1: Identify health services and resources available and determine how each assists

- SEL lessons on bullying
- Digital citizenship lessons by guidance and classroom teachers
- THRIVE & SEL Lessons (School Counseling Department)

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<p>in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).</p> <ul style="list-style-type: none"> 2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress. 	
<p>Differentiation</p>	<p>Assessments</p>
<p>Interdisciplinary Connections:</p> <ul style="list-style-type: none"> In Language Arts students can read books about the challenges of growing up. Scientific teacher led lessons with supporting information and videos. <p>Technology Integration</p> <ul style="list-style-type: none"> BrainPOP Google Slides Google Classroom YouTube Videos <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Supports for English Language Learners</p> </div>	<p>Formative Assessments:</p> <ul style="list-style-type: none"> Students will be able to list 3 changes that occur within the human body during puberty.

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Sensory Supports	Graphic Supports	Interactive Supports
Real-life objects	Charts	In pairs or partners
Manipulatives	Graphic Organizers	In triands or small groups
Pictures	Tables	In a whole group
Illustrations, diagrams & drawings	Graphs	Using cooperative group
Magazines & Newspapers	Timelines	Structures
Physical activities	Number lines	Internet / Software support
Videos & Film		In the home language
Broadcasts		With mentors
Models & Figures		

Intervention Strategies		
Accommodations	Interventions	Modifications
Allow for verbal responses	Multi-sensory techniques	Modified tasks/expectations
Repeat/confirm directions	Increase task structure (e.g. directions, checks for understanding, feedback)	Differentiated materials
Permit response provided via computer or electronic device	Increase opportunities to engage in active academic responding	Individualized assessment tools based on student need
Audio Books	Utilize pre-reading	Modified

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	strategies and activities previews, anticipatory guides, and semantic mapping	assessment grading	
Allow for extended time on long term projects, tests, quizzes, etc.		Provide choices for projects	
Provide visual resources (posters, pictures, etc.)			

2.3 Safety Personal Safety Health Conditions, Diseases and Medicines Alcohol, Tobacco and other Drugs Dependency, Substances Disorder and Treatment	
Big Ideas: <ul style="list-style-type: none"> ● There are actions individuals can take to be safe, stay healthy and help prevent disease. ● Setting healthy boundaries and saying no ● The short and long term effects of substance abuse are harmful to one’s health and can affect relationships. ● There are many resources available for treatment of alcohol, tobacco, and other substance abuse problems. 	
Essential Questions <i>What provocative questions will foster inquiry, understanding, and transfer of learning?</i>	Enduring Understandings <i>What will students understand about the big ideas?</i>
<ul style="list-style-type: none"> ● What are some actions I can take to stay safe and free from injury or illness? ● What are some strategies an individual can use when faced with an uncomfortable or dangerous situation? ● How does drug and alcohol use affect my body and how can it impact my relationship with 	Students will understand: <ul style="list-style-type: none"> ● There are multiple ways to stay safe and free from injury and illness. ● Personal boundaries and saying no are strategies that can keep an individual safe in uncomfortable situations. ● How drug and alcohol abuse affects personal

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others?	health and impacts relationships?
Areas of Focus: Proficiencies (New Jersey Student Learning Standards)	Lessons
<ul style="list-style-type: none"> ● 2.3.5.PS1: Develop strategies to reduce the risk of injuries at home, school, and in the community. ● 2.3.5.PS.2: Demonstrate first aid procedures for choking, bleeding, burns, poisoning, and stroke (F.A.S.T.). ● 2.3.5.PS3: Examine the impact of unsafe behaviors when traveling in motor vehicles and when using other modes of transportation. ● 2.3.5.PS4: Develop strategies to safely communicate through digital media with respect ● 2.3.5.PS.5: Communicate personal boundaries and demonstrate ways to respect other people’s personal boundaries. ● 2.3.5.PS.6: Identify strategies a person could use to call attention to or leave an uncomfortable or dangerous situation, including bullying, teasing, teen dating violence, sexual harassment, sexual assault, and sexual abuse. ● 2.3.5.HCDM.1: Identify conditions that may keep the human body from working properly, and the ways in which the body responds. ● 2.3.5.HCDM.2: Describe how to prevent the spread of communicable and infectious diseases and conditions (e.g., Lyme Disease, influenza) ● 2.3.5.HCDM.3: Examine how mental health can impact one’s wellness (e.g., depression, anxiety, stress, phobias). ● 2.3.5.ATD.1: Identify products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects (e.g., substance disorder, cancer). ● 2.3.5.ATD.2: Describe health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids and other drugs, and non-prescribed cannabis products. ● 2.3.5.ATD.3: Describe the behaviors of people who 	<p>Lesson:</p> <ul style="list-style-type: none"> ● One, same sex, Growth and Development lesson taught by the Summit School Nurses. ● “Puberty and Beyond” Google slide presentation with voice overs by Summit School Nurses covering health and safety. ● Open question and answer time ● “Red Ribbon” anti-drug lesson by guidance and district wide “Red Ribbon” poster contest

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<p>struggle with the use of alcohol and drugs and identify the type of assistance that is available.</p> <ul style="list-style-type: none"> ● 2.3.5.DSDT.1: Differentiate between drug use, misuse, abuse, and prescription and illicit drugs. ● 2.3.5.DSDT.2: Identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem. ● 2.3.5.DSDT.3: Demonstrate effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health. ● 2.3.5.DSDT.4: Demonstrate strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs. ● 2.3.5.DSDT.5: Identify the various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse (e.g., school nurse, counselor, peer leadership group). 	
<p>Differentiation</p>	<p>Assessments</p>
<p>Interdisciplinary Connections:</p> <ul style="list-style-type: none"> ● Scientific teacher led lessons with supporting information and videos. ● Language Arts, critical reading and writing. <p>Technology Integration</p> <ul style="list-style-type: none"> ● BrainPOP ● Google Slides ● Google Classroom <p>Global Perspectives</p> <ul style="list-style-type: none"> ● How different environments can affect your overall well being. ● Discussing the differences in safety, health and wellness trends throughout the world. ● Drug and alcohol addiction occurs world wide. 	<p>Projects:</p> <ul style="list-style-type: none"> ● District wide “Red Ribbon” poster contest.

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Audio Books	Utilize pre-reading strategies and activities previews, anticipatory guides, and semantic mapping	Modified assessment grading
Allow for extended time on long term projects, tests, quizzes, etc.		Provide choices for projects
Provide visual resources (posters, pictures, etc.)		

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