

4th Grade Health

Student Issue #1 – Community Safety

<u>Lesson</u>	<u>Content</u>
Lesson 1: Who Keeps Us Safe and How They Do It	Knowledge: Define <i>community</i> and explain how the organization of each local government department helps to keep us safe through people, regulations, and laws. Value: Demonstrate respect for the people, rules, and laws that protect you and those you love by selecting and implementing a method of expressing appreciation. Life Skill: Practice following community regulations and respecting people who keep us safe. Thinking Skill: Compare and contrast local government departments to determine roles in keeping the community safe.
Lesson 2: How the Community Handles Conflict	Knowledge: Explain peaceful methods used to resolve conflicts within a community. Value: Demonstrate respect for peaceful conflict resolution by resolving a conflict in a constructive manner. Life Skill: Practice peaceful skills used for conflict resolution. Thinking Skill: Analyze scenarios for the use of peaceful conflict resolution methods.
Lesson 3: When Violence Breaks Out	Knowledge: Identify examples of different forms of violence and their causes. Value: Explain how you would convince others to solve conflicts peacefully. Life Skill: Practice appropriate group tactics which avoid violence. Thinking Skill: Use the Decision Making Skill Steps to select group tactics which would avoid violence.
Lesson 4: My Part in Keeping the Community Safe	Knowledge: List ways you can help prevent violence and increase safety in your community. Value: Set specific personal goals to contribute to community safety. Life Skill: Practice common methods of peaceful conflict resolution in a variety of test scenarios. Thinking Skill: Predict what the impact on your community would be in one month, one year, five years, if everyone in the class/school/neighborhood/town used all of their talents and resources to keep the community safe and healthy.

Student Issue #2 – Let’s Talk Teeth

<u>Lesson</u>	<u>Content</u>
Lesson 1: How Teeth Are Built	<p>Knowledge: Explain the structure of the human mouth including the tongue and the teeth.</p> <p>Value: Place importance on smiling.</p> <p>Life Skill: Practice smiling expressively.</p> <p>Thinking Skill: Compare and contrast the different types of human teeth.</p>
Lesson 2: Those Useful Teeth	<p>Knowledge: Explain the different functions of the teeth.</p> <p>Value: Build respect for the unique functions of the human teeth.</p> <p>Life Skill: Make a habit of protecting your teeth from injury.</p> <p>Thinking Skill: Determine the effects of broken, missing, and misplaced teeth on eating, talking, and smiling.</p>
Lesson 3: Caring for Your Teeth	<p>Knowledge: Discover routines necessary for proper dental care.</p> <p>Value: Assume responsibility for the day-to-day care of your teeth including avoiding substances that are harmful to you, your health, and your teeth.</p> <p>Life Skill: Set and begin to implement strict goals for care of the teeth.</p> <p>Thinking Skill: Compare, contrast, and evaluate consumer dental care products on the market.</p>
Lesson 4: Teeth Problems and Solutions	<p>Knowledge: Identify a variety of dental problems and solutions.</p> <p>Value: Develop respect for the ability of the dental profession to remedy a variety of dental problems.</p> <p>Life Skill: Discuss with your family a regular dental checkup schedule and how to get help if you need it in a dental emergency.</p> <p>Thinking Skill: Classify dental problems by probable cause, need for treatment, type of treatment, and type of dental specialty.</p>

Student Issue #3 – The Digestive System

<u>Lesson</u>	<u>Content</u>
Lesson 1: The Digestive Process, What Helps and What Hurts	<p>Knowledge: Explain the digestive system and identify factors that can help or harm the digestive process.</p> <p>Value: Develop respect for the role good nutrition plays in disease prevention by ranking health choices.</p> <p>Life Skill: Practice choosing foods that promote dental health, strong bones, and healthy muscles.</p> <p>Thinking Skill: Compare and contrast factors that help or hinder the digestive system.</p>
Lesson 2: The Balancing Act- Calories and Nutrients	<p>Knowledge: Describe the relationship between calories, energy, and nutrients.</p> <p>Value: Demonstrate responsibility for improving eating and exercise habits.</p> <p>Life Skill: Evaluate your personal plan for nutrition and activity balance.</p> <p>Thinking Skill: Use the Decision Making Steps to select appropriate meal and activity plans for various individuals.</p>
Lesson 3: It's Your Choice . . . Or Is It?	<p>Knowledge: Identify influences affecting eating patterns.</p> <p>Value: Select nutritious foods reflecting aesthetic and sensory preferences.</p> <p>Life Skill: Resist unhealthful influences.</p> <p>Thinking Skill: Compare and contrast healthful and unhealthful dietary influences.</p>
Lesson 4: Becoming a Careful Consumer	<p>Knowledge: Explain factors affecting consumer buying habits.</p> <p>Value: Describe how choosing foods at the grocery store can reflect respect for the family.</p> <p>Life Skill: Read and interpret information on three different types of product labels.</p> <p>Thinking Skill: Predict the consequences of careful and careless buying habits.</p>

Student Issue #4 – No Smoking

<u>Lesson</u>	<u>Content</u>
Lesson 1: How Smoking Harms the Body	<p>Knowledge: List the chemicals in cigarettes, cigars, and chewing tobacco and explain how they harm the body.</p> <p>Value: Describe the value of smoke-free lungs.</p> <p>Life Skill: Practice becoming informed about substances that will harm your body.</p> <p>Thinking Skill: Compare the lungs of a smoker to the lungs of a nonsmoker.</p>
Lesson 2: Why Do People Smoke?	<p>Knowledge: Explain the physical and psychological effects of addiction to tobacco.</p> <p>Value: Develop respect for how hard it is to break a bad habit.</p> <p>Life Skill: Practice breaking a habit.</p> <p>Thinking Skill: Analyze reasons why people start to smoke and find it hard to quit.</p>
Lesson 3: Advertising and Other Influences on Your Behavior	<p>Knowledge: List people and other things in your life that influence your behavior.</p> <p>Value: Give positive support to someone you know who is either trying to quit smoking or who is resisting pressure to start.</p> <p>Life Skill: Analyze tobacco advertisements for marketing techniques.</p> <p>Thinking Skill: Classify the pressures that influence your behavior as positive or negative and be able to support your conclusions.</p>
Lesson 4: Smoking and Your Community	<p>Knowledge: Describe the effects of smoking, including secondhand smoke, on a community.</p> <p>Value: Create a system to remind yourself how important your great body is to you and why you should avoid things that would harm it.</p> <p>Life Skill: Respond in a healthful way to situations involving secondhand smoke.</p> <p>Thinking Skill: Apply decision making skills to determine the most healthful action when confronted with secondhand smoke.</p>

Student Issue #5 – It’s My Body

<u>Lesson</u>	<u>Content</u>
Lesson 1: Taking Care of Your Body	<p>Knowledge: Identify things that can hurt the body.</p> <p>Value: Show how important it is to use common sense in potentially harmful situations.</p> <p>Life Skill: Practice taking responsibility for oneself in potentially dangerous situations and calling for help if necessary.</p> <p>Thinking Skill: Compare and contrast a dangerous situation with a harmless situation and reach a healthful conclusion.</p>
Lesson 2: Critical Thinking to the Rescue	<p>Knowledge: List ways critical thinking skills help keep our bodies safe.</p> <p>Value: Explain why it is important to have the ability to make a good decision in a given situation.</p> <p>Life Skill: Practice refusal skills which are the result of responsible decision making.</p> <p>Thinking Skill: Use the decision making skill steps to make a choice that will keep one’s body as safe as possible.</p>
Lesson 3: In Tune with Your Emotions	<p>Knowledge: Identify different feelings and examples of what can trigger those feelings.</p> <p>Value: Recognize and explain the value of talking to a trusted adult.</p> <p>Life Skill: Express current feelings of pride or happiness and set a short-term goal to turn around one feeling of negativity.</p> <p>Thinking Skill: Analyze how our communication and actions reflect our emotions and our relationships.</p>
Lesson 4: Preventing Abuse	<p>Knowledge: Define different kinds of abuse, including sexual harassment.</p> <p>Value: Explain the value of privacy.</p> <p>Life Skill: Practice standing up for your right to privacy, including practicing refusal skills.</p> <p>Thinking Skill: Demonstrate how to be supportive, empathetic, compassionate, and respectful toward others who have experienced abuse.</p>

Student Issue #6 – Be Cool, Keep Clean!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Hormones and Body Changes	<p>Knowledge: Describe how hormones affect body function, and state emotional changes during puberty.</p> <p>Value: Show how important it is to care for your body as you grow and develop.</p> <p>Life Skill: Practice identifying, expressing, and managing feelings appropriately, including controlling emotional outbursts.</p> <p>Thinking Skill: Analyze what it means to grow up.</p>
Lesson 2: What is Good Hygiene?	<p>Knowledge: Define <i>good hygiene</i>.</p> <p>Value: Assume responsibility for self-grooming and hygiene, and rate how valuable you feel keeping clean is to your health.</p> <p>Life Skill: Set goals for keeping clean.</p> <p>Thinking Skill: Predict the consequences of sharing personal items.</p>
Lesson 3: Illness Prevention and Good Hygiene	<p>Knowledge: Identify different microorganisms including viruses, bacteria, and fungi that contribute to illness in the body.</p> <p>Value: Show that you like yourself enough to set up hygiene routines for illness prevention.</p> <p>Life Skill: Practice age-appropriate illness prevention skills.</p> <p>Thinking Skill: Predict the consequences of ignoring the harmful effects of germs.</p>
Lesson 4: Looking Good, Feeling Great	<p>Knowledge: Name things that contribute to a healthy appearance (hair, skin, nails, teeth, posture, and dress).</p> <p>Value: Develop a positive body image.</p> <p>Life Skill: Distinguish between cosmetics and hygiene products.</p> <p>Thinking Skill: Use decision making to choose behaviors that will make you look good and feel great.</p>

Student Issue #7 – Stay Drug Free! Build Your Assets!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Drug Free and Asset Strong!	<p>Knowledge: Identify assets and sources of pressure which lead to drug experimentation.</p> <p>Value: Make a model or write a story or play showing how strong, positive values can overcome negative pressures.</p> <p>Life Skill: Practice saying “No!” in threatening situations.</p> <p>Thinking Skill: Evaluate the effectiveness of various methods of refusing negative pressures.</p>
Lesson 2: Drugs: What They Are and What They Do	<p>Knowledge: Identify various drugs, classify them into categories, and explain the effects of each drug.</p> <p>Value: Demonstrate that you respect the value of being drug free.</p> <p>Life Skill: List healthful activities that can provide real benefits for people who might be tempted to use drugs.</p> <p>Thinking Skill: Predict the consequences of using drugs to solve problems.</p>
Lesson 3: Making Smart Decisions	<p>Knowledge: Identify personal, long-term goals and formulate steps to reach them.</p> <p>Value: Explain the value of decision making skills in choosing to be drug free.</p> <p>Life Skill: Practice recognizing and making decisions that will help you reach your long-term goals.</p> <p>Thinking Skill: Compare and contrast the effects of various decisions on long-term goals.</p>
Lesson 4: How and Where to Find Help	<p>Knowledge: Identify resources that you can trust in the community that can help with drug problems in the family.</p> <p>Value: Explain the advantages of using all of the resources available to you instead of trying to “go it alone.”</p> <p>Life Skill: Practice asking for help using what you have learned about being assertive.</p> <p>Thinking Skill: Predict the consequences of not getting help with a drug problem.</p>

Student Issue #8 – Puzzled About Germs

<u>Lesson</u>	<u>Content</u>
Lesson 1: Puzzled About Germs	<p>Knowledge: Define the immune system and discover its ability to fight germs.</p> <p>Value: Show how you respect your great body by setting up standards of care to live by.</p> <p>Life Skill: Role-play how a healthy immune system fights germs.</p> <p>Thinking Skill: Set goals to build and maintain a healthy defense system.</p>
Lesson 2: Universal Precautions	<p>Knowledge: List ways in which HIV is and is not transmitted.</p> <p>Value: Demonstrate to others your concern about the dangers of taking unhealthy risks.</p> <p>Life Skill: Make a plan to practice good personal hygiene skills to avoid communicable diseases.</p> <p>Thinking Skill: Identify and practice habits to keep yourself and others healthy.</p>
Lesson 3: Know Yourself and Your Friends	<p>Knowledge: Identify positive qualities in yourself and those qualities that you would like to see in your friends.</p> <p>Value: Make a pledge to be a responsible person, including listing behaviors that reflect that sense of responsibility.</p> <p>Life Skill: Identify strategies for taking healthy risks, including self-talk and mindful breathing.</p> <p>Thinking Skill: Evaluate if a risk is worth taking based on personal beliefs and values, safety, and consequences.</p>
Lesson 4: Illness and the Community	<p>Knowledge: Discover how illness and disease have affected your community.</p> <p>Value: Show how important you feel it is to treat those who are ill with kindness and dignity.</p> <p>Life Skill: Design a fundraiser to help those in the community afflicted with a terminal illness.</p> <p>Thinking Skill: Predict the consequences to a community that turns its back on those afflicted with a disease.</p>

Student Issue #9 – Your Incredible Hearing Machine

<u>Lesson</u>	<u>Content</u>
Lesson 1: Sound and the Ear	<p>Knowledge: Explain the basic principle of sound and describe the functions of the major parts of the ear.</p> <p>Value: Discover the amazing interdependence of the hearing parts of your body with your brain.</p> <p>Life Skill: Practice increasing the sensitivity of your hearing in situations where you would normally rely more heavily on the sense of sight.</p> <p>Thinking Skill: Create your own “hearing machine” and compare and contrast it with the one you were born with.</p>
Lesson 2: Taking Care of Your Ears	<p>Knowledge: Describe at least three ways you can help prevent injury or medical damage to your ears.</p> <p>Value: Show why responsible behavior is the key to injury prevention.</p> <p>Life Skill: Make a plan with your family to set up rules to help protect everyone in your family from injuries to their ears and ear infections.</p> <p>Thinking Skill: Predict the consequences of not getting medical treatment for ear infections.</p>
Lesson 3: Hearing Impairments	<p>Knowledge: Identify different kinds of hearing impairments and explain what can be done to treat the impairment or compensate for it.</p> <p>Value: Think of some specific ways that you can show kindness to and have patience with someone who is hearing impaired.</p> <p>Life Skill: Practice doing without your sense of hearing and discover how it affects you.</p> <p>Thinking Skill: Compare and contrast two forms of communication.</p>
Lesson 4: Sound and the Environment	<p>Knowledge: Discover the role sound plays in our environment and safeguards from noise pollution.</p> <p>Value: Interview people to determine the value of sound in their environment.</p> <p>Life Skill: Plan ways to improve the sound environment of your school.</p> <p>Thinking Skill: Analyze the present sound environment and predict the consequences of making changes in that environment.</p>

Student Issue #10 – Exercise!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Types of Exercise	Knowledge: Define physical fitness. Value: Rate on a scale of 1–10 how important you feel exercise is and explain why you feel that way. Life Skill: Practice different forms of exercise. Thinking Skill: Use the Decision Making Steps to determine an exercise plan tailored to your needs.
Lesson 2: Exercise for the Whole Body	Knowledge: Identify benefits of exercise for each part of the body. Value: Demonstrate the importance of exercise for the heart, lungs, and bones. Life Skill: Set goals to exercise different parts of your body. Thinking Skill: Compare and contrast a physically fit person to one who is not.
Lesson 3: The Benefits of Exercise	Knowledge: Explain the role exercise plays in keeping your muscles healthy. Value: Demonstrate the connection between exercise and self-worth. Life Skill: Practice evaluating and monitoring your own fitness level. Thinking Skill: Analyze how sleep and exercise help you deal with stress.
Lesson 4: Routines for Safe Exercise	Knowledge: Discover the importance of warming up, stretching, and cooling down when exercising. Value: Explain why a proper exercise program is valuable to your body. Life Skill: Practice exercising properly. Thinking Skill: Predict the consequences of not warming up before exercising.