

Health Standards

Fourth Grade Curriculum Guide & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Approved Resources
<u>2.1 Personal and Mental Health</u> <u>3-5</u>	Personal Growth and Development	Health is influenced by the interaction of body systems.	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).	Lesson: Healthy Lifestyles <u>EverFi</u> : Building a Healthier Me
	Emotional Health	Resilience and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.	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	Lesson: Stress Management <u>Stress and Coping Nemours Health</u> Choose Love Curriculum <u>Stress-BrainPop.</u>
	Community Health Services and Support	Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations.	2.1.5.CHSS.3: Describe strategies that are useful for individuals who are feeling sadness, anger, anxiety, or stress.	

**Based on required 2020 New Jersey Health Standards*

	Social & Sexual Health	Family members impact the development of their children physically, socially and emotionally.	2.1.5.SSH.4: Describe how families can share common values, offer emotional support, and set boundaries and limits. 2.1.5.SSH.5: Explain the importance of communication with family members, caregivers, and other trusted adults about a variety of topics.	Lesson: Communication - Students will discuss family values and the importance of communication on a variety of topics to help them feel safe and protected. - Choose Love
		People in healthy relationships share thoughts and feelings, as well as mutual respect.	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.	Lesson: Bullying <u>Bullying - BrainPop Bullying</u> : Video
<u>2.3 Safety</u> <u>3-5</u>	Personal Safety	There are strategies that individuals can use to communicate safely in an online environment.	2.3.5.PS.4: Develop strategies to safely communicate through digital media with respect.	Lesson: Cyberbullying <u>Cyberbullying - BrainPop</u> : Video <u>Online Safety - BrainPop</u> : Video
		Children who practice setting healthy boundaries know how to say no and what to do when they feel uncomfortable or find themselves in unsafe situations.	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.	
<u>2.1 Personal and</u>	Community	Community	2.1.5.CHSS.1: Identify health services	Lesson: Community Services & Safety

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<u>Mental Health</u> 3-5	Health Services and Support	professionals and school personnel are available to assist and address health emergencies as well as provide reliable information.	and resources available and determine how each assists in addressing needs and emergencies in a school and in the community (e.g., counselors, medical professionals).	<u>Getting Help-BrainPOP Jr.: Video</u> Is there anything you would like some help with? Write about it along with whom you might ask for help and how you'll do it.
	Personal Growth and Development	Puberty is a time of physical, social, and emotional changes.	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 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. 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.	Lesson: Family Life “Meet the New You” (For Girls) --DVD (MarshMedia.com) (Boys will be discussed 5th grade) <i>*This lesson is taught by the school nurse. Parents will receive a separate notification prior to this lesson.</i>
<u>2.3 Safety</u> 3-5	Health Conditions, Diseases and Medicines	There are actions that individuals can take to help prevent diseases and stay healthy.	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 infection diseases and conditions (e.g., Lyme Disease, influenza)	Lesson: Immune System <u>How Your Immune System Works</u> Students will watch the video on the immune system. Students will discuss actions that individuals can take to help prevent diseases and stay healthy, as well as, identifies

				conditions that may keep the human body from working properly, and the ways in which the body responds Students will complete the immune system quiz and activity that corresponds with video.
<u>2.2 Physical Wellness</u> <u>3-5</u>	Nutrition	Understanding the principals of a balanced nutritional plan (e.g. moderation, variety of fruits, vegetables, limiting processed foods) assists in making nutrition-related decisions that will contribute to wellness.	2.2.5.N.1: Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively. 2.2.5.N.2: Create a healthy meal based on nutritional content, value, calories, and cost. 2.2.5.N.3: Develop a plan to attain a personal nutrition health goal that addresses strengths, needs, and culture.	Lesson: Nutrition <u>Serving Up My Plate: Yummy Curriculum</u> <u>My Plate</u>