

DEPARTMENT NAME :
Health and Wellness
Health Education

GRADE LEVEL: 4

YEAR AT A GLANCE
Student Learning Outcomes by Marking Period
2017-2018

FIRST TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 9/7/17 Suggested Completion Date: 12/1/17	Unit: Healthy Balance Unit Title: Nutrition Education and Physical Activity Unit Skills: Analyzing Influences, Decision Making, Goal Setting	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> • Explain the benefits of eating food produced locally (4.AI.K1b) <i>EWKM Lesson 5, MM NPA Lesson 2</i> • Describe the importance of personal hygiene and safety measures in preparing foods (4.DM.K1a) • Identify physical and psychological changes that result from participation in different types of exercise such as endurance, strength and flexibility (4.GM.K2a) <i>EWKM Lesson 31</i> • Describe strategies used to advertise food products (NHES 2.5.5, NHES 3.5.1) <i>MM NPA Lesson 3</i> • Practice the skill of goal setting related to physical activity, stress management techniques and sleep (5.GM.S1, NHES 6.5.1) <i>MM NPA Lesson 4</i> • Describe how the school and community can support healthy dietary practices and behaviors (4.AI.S1, NHES 1.5.3)
First Marking Period Ends: 12/1/17 Assessments During This Period: Michigan Model for Health Grade 4: Nutrition and Physical Activity Unit Test		

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SECOND TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will.... (with eligible content references):
Marking Period Starts: 12/4/17 Suggested Completion Date: 2/16/18	Unit: Healthy Mind Unit Title: Social and Emotional Health Health Education Skills: Interpersonal Communication, Health Advocacy SEL Skills: Self-Management, Social Relations	Content/skill SWBAT statement (corresponding standards): <ul style="list-style-type: none"> ● Identify strategies for managing strong feelings (4.IC.K2b) <i>MM SE Lesson 1</i> ● Practice the use of positive self-talk to promote acceptance in creative and effective ways (4.IC.S1, NHES 5.5.3) <i>MM SE Lesson 2</i> ● Describe how an individual can contribute to reducing violence and bullying in the school and community (4.HA.K2, NSES PS.5.SM.1) <i>MM SE Lessons 3,4</i> ● Identify the importance of treating people with different abilities with respect (4.HA.K1) <i>MM SE Lessons 3, 4</i> ● Demonstrate nonviolent strategies to manage or resolve issues using the steps of conflict resolution (4.IC.S1, NHES 7.5.3) <i>MM SE Lessons 8,9</i>
Start: 2/26/18 Suggested Completion Date: 3/16/18	Unit: Healthy Lifestyle Unit Title: First Aid and Safety Unit Skills: Accessing Resources, Decision Making	<ul style="list-style-type: none"> ● Explain universal precautions for all first aid involving any blood and other body fluids (4.AR.K2) ● Identify strategies to stay safe and prevent injury at home and school (NHES 5.5.1) <i>MM S Lesson 3</i> ● Name two resources from home, school and community that provide valid information about first aid (4.AR.S2, NHES 3.5.2) <i>MM S Lesson 4</i> ● Explain strategies to try to avoid personally unsafe situations (4.DM.K1) <i>MM S Lesson 7</i>
Second Marking Period Ends: 3/16/18 Assessments During This Period: Michigan Model for Health Grade 4: Social and Emotional Health Pre-Unit Test/Post-Unit Test		

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THIRD TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 3/19/18 Suggested Completion Date: 6/20/18	Unit: Healthy Body/Safe Body Unit Title: Healthy & Safe Body Unit Skills: Analyzing Influences, Decision Making	<p><u>Use the Health and Wellness Department's <i>Healthy & Safe Body Unit</i> for this unit of instruction.</u></p> <p>Content/skill SWBAT statement (corresponding standards):</p> <ul style="list-style-type: none"> • Describe the characteristics of a healthy relationship (NSES HR.5.CC.1) • Identify how males and females experience puberty in different ways, both physically and emotionally (NSES PD.5.CC.1) • Understand how germs and other factors cause illness (NHES 1.5.4) • Explain how our bodies have an immune system to fight infection (NHES 1.5.4) • Explain the differences between HIV/AIDS myths and facts (NSES SH.5.CC.1) • Locate helpful resources to learn factual information about HIV/AIDS (4.AR.K2b, NHES 2.5.6) • Demonstrate ways to treat people with dignity and respect (4.IC.S1, NSES HR.5.SM.1) • Define sexual harassment and abuse and identify warning signs of sexual abuse and sexual exploitation (4.DM.K2a, NSES PS.5.CC.2) • Identify parents or other trusted adults to tell if being sexually harassed or abused (4.AR.S1, NSES PS.5.AR.2)
Third Marking Period Ends: 6/20/18 Assessments During This Period: <i>HWD Healthy & Safe Body Unit Assessments</i>		