

Mount Pleasant Central School District
Grade 4, Health Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How Can We Build Lifelong Healthy Habits? In this course, fourth grade students will deepen their understanding of health and wellness by focusing on how consistent habits support long-term well-being. Students will explore key topics such as balanced nutrition, physical fitness, stress management, and positive peer relationships, while also considering the importance of personal responsibility and goal setting. Learning activities will include collaborative projects, problem-solving challenges, reflective writing, and movement-based experiences that encourage students to apply healthy practices to their daily lives. Assessment will emphasize active participation, teamwork, and the ability to demonstrate thoughtful decision-making and responsible health behaviors.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Community Safety	September	What is a Community? Conflict Resolution	Community, Responsible, Conflict, Resolution, Compromise	NYS 2	The students will be able to identify community workers who are looking out for the community. The students will be able to identify conflict and use strategies to resolve them.	Understand what makes a community and how conflict can occur. The students will understand ways to handle conflict through compromise.	Unit Quiz Project
Teeth	October	Types of Teeth, How Teeth are Built, Cavity Prevention	Crown, Root, Cavity, Plaque, Hygiene, Enamel	NYS 1	The students will be able to know how to properly brush and floss their teeth. The students will be able to identify the differences between the 3 teeth.	They will understand the importance of having good oral hygiene to maintain strong and healthy teeth.	Unit Quiz Project

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Digestion System	November	Functions of the Digestion System Nutrition	Nutrient, Calorie, Carbohydrate, Protein, Small Intestine	NYS 1	The students will be able to identify foods under each macronutrient. The students will be able to identify the different body parts involved in the digestive system.	They will understand the importance of good nutrition. They will learn different types of foods, how to make good choices and have balance	Unit Quiz Project
No Smoking	December	Addiction Dangers of Smoking Peer Pressure	Nicotine, Alveoli, Secondhand Smoke, Emphysema	NYS 1	The students will be able to explain the dangers of smoking and how it would affect their bodies. The students will learn strategies to say no to nicotine.	They will learn the dangers of smoking and how to say No to nicotine	Unit Quiz Project

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It’s My Body	January	Responsibility, Common Sense, How to Handle Emotions	Instincts, Responsibilities, Kindness,	NYS 1	The students will be able to identify different feelings and how to handle them when they become too much. The students will understand how to avoid dangers, when making decisions with common sense.	The students will learn how to make responsible choices to help keep them safe.	Unit Quiz Project
Kindness and Bullying	February	Respect, Values and Attitudes	Respectful, Sportsmanship, Compassion, Empathy	NYS 2	The students will be able to identify the difference between a good sport and a poor sport. The students will be able to identify how to get help in a situation where	The importance of being kind and empathetic towards others.	Unit Quiz Project

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					someone is being bullied.		
Hearing Machine	March	Parts of the Ear Sound, Functions of the Ear, Ear Infections	Molecules, Sound Waves, Eardrum, Eustachian Tube	NYS 1	The students will be able to identify different parts of the ear. The students will be able to explain the process of sound.	The students will learn the process of hearing sound and how to keep our ears safe.	Unit Quiz Project
Exercise	April	Benefits of Exercise Types of Exercise Heart Rate	Strong Heart, Bones, Lungs, Brain, Cardiovascular, Muscular, Flexibility	NYS 1	The students will be able to identify the different exercise components. The students will be able to demonstrate how to find their heart rate.	The students will understand the benefits of exercise and how to find positive ways to incorporate them into their lives.	Unit Quiz Project
Hygiene	May	Importance of Good Hygiene Routines	Germs, Bacteria, Shower/bath,	NYS 1	The students will be able to explain the	The students will understand the	Unit Quiz Project

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			Deodorant, Sanitizer		importance of good hygiene. The students will be able to identify different types of hygiene routines.	importance of daily hygiene.	
Summer Safety	June	How to have a great summer and to stay safe	Sunscreen, Helmet, Hydration, Shade, Lifeguard	NYS 2	The students will be able to identify ways to stay safe during summer activities.	The students will explore different activities this summer and will learn ways to keep themselves safe.	Unit Quiz Project