

Fourth Grade Health Scope & Sequence

Last Updated Sept. 2025

GBS Unit	Lesson & Activity	2023 Standards Alignment
Unit 1 Community Safety	L02: How the Community Handles Conflict Replacement Lesson: Gun Safety: Free from Harm L04: Standing Up Against Bullying	4.HRVP.1, 4.HRVP.6, TSEL Practice 4D 4.SFA.1 4.HRVP.3, 4.HRVP.4, 4.HRVP.7, 4.HRVP.8, 4.SFA.2, 4.SEM.1, TSEL Practice 5C , 4.SEM.2
Unit 3 The Digestive System	L01: The Digestive Process, What Helps and What Hurts L02: The Balancing Act-Calories and Nutrients L03: It's Your Choice...Or Is It? P03: Eating Disorders A08: Diabetes	4.FNP.2, 4.FNP.3, 4.FNP.7, 4.FNP.8 4.FNP.2, 4.FNP.3, 4.FNP.4 4.SUB.3, 4.FNP.3, 4.FNP.5, 4.FNP.6, 4.FNP.8, 4.FNP.9, 4.WHP.5 4.GD.1 4.WHP.2
Unit 4 No Smoking	L01: How Smoking Harms the Body L02: Why Do People Smoke?	4.SUB.1, 4.SUB.2 4.SUB.1, 4.SUB.2, 4.SUB.7
Unit 6 Be Cool, Keep Clean!	L02: <u>What Good is Hygiene?</u> L04: <u>Caring for Your Great Body</u> <u>Activity A07 (p.38): "SLEEP"</u> P01: Avoid Emotional Outbursts	4.WHP.1, 4.WHP.3, 4.GD.2 4.GD.2, 4.WHP.3, 4.SEM.2, 4.HRVP.1, 4.HRVP.6 4.WHP.3 4.WHP.1
Unit 7 Stay Drug Free! Build Your Assets!	L01: Drug Free & Asset Strong P01: Positive Friends L02: Drugs: What They Are and What They Do L03: Making Wise Decisions L04: How and Where to Find Help	4.WHP.5, 4.WHP.1, 4.SUB.3, 4.SUB.6 4.WHP.1, 4.WHP.5 4.SUB.1, 4.SUB.2, 4.SUB.3, 4.SUB.4, 4.SUB.5, 4.WHP.1, 4.SEM.1 4.SUB.3, 4.SUB.5, 4.WHP.1 4.SUB.7
Families may opt their child out of the following Comprehensive Sexuality Education lessons.		
Unit 5 It's My Body	L03: In Tune With Your Emotions L04: Preventing Abuse	4.HRVP.2, 4.HRVP.3, 4.HRVP.5, 4.HRVP.6, 4.HRVP.7, 4.SEM.2, 4.SRH.1 4.HRVP.2, 4.HRVP.3, 4.HRVP.5, 4.HRVP.6, 4.HRVP.7, 4.HRVP.9, 4.SRH.1, 4.GD.3
Unit 6 Be Cool, Keep Clean!	L01: Hormones and Body Changes A09: Hormones and Reproductive Organs A12: Identity	4.HRVP.8, 4.GD.1, 4.GD.2 4.GD.1, 4.GD.2 4.GD.3, 4.HRVP.4

Great Body Shop Key

U = Unit

L = Lesson

P = Portfolio

HC = Home Connection

A = Activity

Important Note: The majority of the health units and lessons listed here come from our adopted Great Body Shop health curriculum. When instructional materials outside of The Great Body Shop are listed, they will be directly linked in the table for your viewing convenience. To preview the Great Body Shop Lessons, please look for the parent notification letter and instructions that will be sent to you by early January or contact your school's office directly for more information.