

Grade 4 Health and Physical Education

Mental Health

Students will be able to:

- Define the steps in the decision-making process.

Safety and Injury Prevention (Safety)

Students will be able to:

- Identify specific traffic safety hazards and describe preventative measures.

Family Life (Family Relationships & Social Behavior)

Students will be able to:

- Identify and discuss different relationships and resources within the school.

Disease Prevention and Control (Illness Prevention)

Students will be able to:

- Demonstrate cleanliness habits that promote health.

Physical Activity and Fitness (Fitness/Wellness)

Students will be able to:

- Participate in a sequence of physical fitness activities and explain the healthful benefits on bones and muscles.

Nutrition

Students will be able to:

- Explain the importance of fats, carbohydrates, and calories.

Growth and Development (Human Body)

Students will be able to:

- Identify parts of the ear and their functions.
- Explain the function of the heart and blood in the body.
- Illustrate the respiratory process between the heart and lungs.

Tobacco, Alcohol, and Other Substance Use/Abuse Prevention (Substance Abuse Prevention)

Students will be able to:

- Describe the effects of alcohol use on the body.
- Demonstrate appropriate ways to say "NO" to peer pressure.

Reproduction/ Sexuality (Sensitive Issues)

Students will be able to:

- Demonstrate an understanding of variables related to the onset of puberty (body hair, voice changes, growth spurt, etc.).
- Identify the components, functions, and processes of the reproductive system.

Violence Prevention

Students will be able to:

- Discuss violence in the media and its effect on behavior.

Interpersonal Relationships

Students will be able to:

- Explain why communication is essential in human relationships, and identify people from whom children can learn to communicate, such as family members, community members, and faith-based groups.
- Explain how self-esteem creates better relationships.

Consumer Health and Resource Management

Ecological Health

Community and Public Health