

## Grade Four Health

**Big Idea:** Conflict Resolution

**Essential Questions:**

- What is conflict?
- What are conflict escalators?
- How do I deescalate a conflict?

**Objectives:**

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
  - Demonstrate refusal skills to avoid or reduce health risks.
  - Demonstrate non-violent strategies to manage or resolve conflict.
  - Demonstrate how to ask for assistance to enhance personal health.
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**Big Idea:** Feelings

**Essential Questions:**

- What are ways to use anger constructively?
- How can I give and get respect?
- How do I effectively listen to another person's point of view?

**Objectives:**

**Standard:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Identify how peers can influence healthy and unhealthy behaviors.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate non-violent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- Encourage others to make positive health choices.
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**Big Idea:** Communication

**Essential Questions:**

- What are roadblocks to communication?
- How do I communicate efficiently?
- What are the steps to take if I am being harassed or bullied?

**Objectives:**

**Standard:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Describe ways in which a safe and healthy school and community environment can promote personal health.
- Describe ways to prevent common childhood injuries and health problems.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. *Developed*

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate non-violent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- Encourage others to make positive health choices.
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**Big Idea:** Drug Abuse & Tobacco Awareness

**Essential Question:**

- How do we keep our bodies healthy from alcohol and tobacco?

**Objectives:**

**Standard:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Describe how the family influences personal health practices and behaviors.
- Identify how peers can influence healthy and unhealthy behaviors.
- Explain how media influences thoughts, feelings, and health behaviors.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate how to ask for assistance to enhance personal health.

**Standard:** 5 Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.
- Choose a healthy option when making a decision.
- Describe the outcomes of a health related decision.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Identify responsible personal health behaviors.
- Demonstrate a variety of behaviors that avoid or reduce health risks.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- Express opinions and give accurate information about health issues.
- Encourage others to make positive health choices.

**Big Idea:** Nutrition

**Essential Questions:**

- How do we use the food pyramid to make healthy food choices?
- Why exercise? How do we keep our hearts healthy?

**Objectives:**

**Standard:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Describe the relationship between healthy behaviors and personal health.
- Identify examples of emotional, intellectual, physical, and social health.
- Describe ways in which a safe and healthy school and community environment can promote personal health.
- Describe ways to prevent common childhood injuries and health problems.

**Standard:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Describe how the family influences personal health practices and behaviors.
- Identify the influence of culture on health practices and behavior.
- Identify how peers can influence healthy and unhealthy behaviors.
- Describe ways that technology can influence personal health.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate refusal skills to avoid or reduce health risks.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- Express opinions and give accurate information about health issues.
  - Encourage others to make positive health choices.
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**Big Idea:** Personal Safety

**Essential Question:**

- How do we keep our bodies safe?

**Objectives:**

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate how to ask for assistance to enhance personal health.

**Standard:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate a variety of behaviors that avoid or reduce health risks.

**National Health Standards  
Health Standards (2008) Grades 3-5**

**Standard:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Describe the relationship between healthy behaviors and personal health.
- Identify examples of emotional, intellectual, physical, and social health.
- Describe ways in which a safe and healthy school and community environment can promote personal health.
- Describe ways to prevent common childhood injuries and health problems.

**Standard:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Describe how the family influences personal health practices and behaviors.
- Identify the influence of culture on health practices and behavior.
- Identify how peers can influence healthy and unhealthy behaviors.
- Describe ways that technology can influence personal health.

**Standard:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate refusal skills to avoid or reduce health risks.

**Standard:** Students will demonstrate the ability to advocate for personal, family and community health.

- Express opinions and give accurate information about health issues.
- Encourage others to make positive health choices.