

Pequannock Township School District

Curriculum Syllabus

Health- Grade 4

Course Description:

The primary goal of the 4th grade health education curriculum is to provide students with the necessary awareness to meet the health needs of their age group in today's society. One of the most important aspects of any student's individual life is to develop and maintain good health in our constantly changing environment. This curriculum is designed to meet these specific objectives.

A quality Health Education program supports students through the intellectual and social development. When students make healthy choices, the environment and opportunities for learning also increase. This program will promote safe living and develop knowledge and skills necessary for mental, social, and physical well-being.

Course Standards:

Unit 1: Nutrition

During the nutrition unit students will be instructed on the benefits of healthy eating, how to differentiate between healthy and unhealthy eating practices, how to create a healthy meal and how to read food labels. Students will work individually as well as in groups throughout the unit to gain an understanding of why healthy eating is so important and how they can sustain a lifetime of healthy eating habits. Nutrition is something that if taken seriously can drastically minimize health related issues caused by an unhealthy diet. The nutrition unit will give students the information necessary to assist them in making the right food choices throughout their lifetime to remain healthy. The following resources can assist students at home in furthering their knowledge.

1. <https://www.hhs.gov/fitness/eat-healthy/index.html>
2. <https://www.umass.edu/nibble/quizzes/quizlist.htm>
3. <https://www.choosemyplate.gov/>

Unit 2: The Cardiovascular System

The cardiovascular system unit will teach students how the heart works, the different parts of the heart and the three functions of the cardiovascular system. Students will explore the different parts of the heart and be able to identify the functions of each part. Heart disease is a huge issue in our country and the earlier students understand how the cardiovascular system works and how to keep it healthy, as well as things to look for that could be problematic can assist them in taking the right measures to keep their heart healthy and minimize the chances of heart disease. The following resources can assist students at home in furthering their knowledge.

1. <https://www.cdc.gov/heartdisease/about.htm>
2. <https://kidshealth.org/en/kids/csquiz.html>
3. <https://www.heart.org/>

Unit 3: Injury Prevention/ Safety

Throughout the injury prevention/ safety unit students will gain knowledge on the strategies to be taken to keep themselves safe from a potential hazard. Students will review fire safety as well as poison and vehicular safety and the actions to be taken to minimize the chance of injury as well as the actions to take if there is one. Knowing how to react in a situation that could be dangerous is extremely important. Students gaining knowledge on what to do in these situations could assist them in minimizing the chance of injury during a dangerous situation because they will always know what to do during these situations. The following resources can assist students at home in furthering their knowledge.

1. <https://www.cdc.gov/motorvehiclesafety/index.html>
2. <https://www.safekids.org/car-seat-quiz>
3. <https://www.nhtsa.gov/road-safety/pedestrian-safety>
4. <https://www.cdc.gov/homeandrecreationalsafety/poisoning/preventiontips.htm>
5. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html>

Unit 4: Puberty

The puberty unit will instruct students on the different changes the body goes through during this time. Students will be able to decipher between physical, social and emotional changes the body will go through and identify why puberty can begin and end at different ages and the different factors that influence the beginning and end of puberty. Students can be confused about the changes they are experiencing during this part of their life. Gaining clarity on why puberty occurs and what these different changes mean will assist them and provide less confusion during this time of their life. The following resources can assist students at home in furthering their knowledge.

1. <https://medlineplus.gov/puberty.html>
2. <https://kidshealth.org/en/kids/grow/?WT.ac=k-nav-grow>

Unit 5: Social And Emotional Health

Social and emotional health is of utmost importance when it comes to the complete health of a person. During this unit students will gain

an understanding of how their social and emotional health can be impacted by things such as the basic needs of all humans, bullying, and stress. Students will also learn strategies to positively deal with stress, rejection, loss or a separation so that it does not cause social or emotional distress. Social and emotional health is an extremely important part of our health. Giving our students the skills needed to deal with daily stressors can assist them in making it through these situations in a positive way without it being something that causes prolonged stress. The following resources can assist students at home in furthering their knowledge.

1. https://www.ecmhc.org/tutorials/social-emotional/mod1_0.html
2. <https://thrivingschools.kaiserpermanente.org/students/social-emotional/>
3. <https://buildthefoundation.org/issue/social-emotional-health/>

Unit 6: Personal Growth/ Development

In order for students to grow into healthy teenagers and then adults, practicing personal wellness from early on will benefit them in many ways. Learning about how physical, social, and emotional health impact your personal wellness, students will understand that to achieve well rounded health all three of these dimensions of personal wellness needs to be addressed regularly. The systems of the human body are greatly impacted by the healthy choices we make. At the conclusion of the unit students will understand that all components of health affect the others and if all are regularly addressed they have the ability to live long and healthy drug free lives. The following resources can assist students at home in furthering their knowledge.

1. <https://www.stepp-program.org/family-modules/developing-and-maintaining-healthy-routines/personal-wellness#why-is-wellness-important>
2. <https://advantagecaredtc.org/social-wellness/>
3. <https://www2.cortland.edu/dotAsset/266052.pdf>

Unit 7: Erins Law/ Abuse

The Erin's Law/ abuse unit will instruct students upon age-appropriate techniques to recognize child sexual abuse as well as how mental and physical abuse can be experienced and why students should immediately tell a trusted adult if they are experiencing any kind of abuse. This unit being taught to our students so that they can recognize when they are in a situation that could be harmful to them. No child should ever experience sexual but should also know who to go to for help if they are being sexually abused. The following resources can assist students at home in furthering their knowledge.

1. <http://www.erinslaw.org/>
2. <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>

3. <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/What-to-Know-about-Child-Abuse.aspx>

Unit 8: Relationships

Family relationships will always have an impact on students. During this unit students will think about their family values and other measures their family takes to stay strong and together. Students will also examine different causes that could lead to a weaker family relationship and use the knowledge gained throughout the unit to explain what a family could do to strengthen their relationship. Forming strong relationships with your family can lead to students attaining positive qualities such as being outgoing, friendly, and sociable. These qualities can lead to them forming positive relationships outside of their family which will assist their social and emotional health and minimize bullying and singling out of students. The following resources can assist students at home in furthering their knowledge.

1. <https://www.loveisrespect.org/healthy-relationships/>
2. <http://extension.udel.edu/factsheets/building-strong-family-relationships/>
3. <https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/good-family-relationships>

Scope and Sequence

Pacing Guide

Unit 1: Nutrition	Approx. 5 Weeks
Unit 2: Cardiovascular System	Approx. 5 Weeks
Unit 3: Injury Prevention/ Safety	Approx. 5 Weeks
Unit 4: Puberty	Approx. 5 Weeks
Unit 5: Social/ Emotional Health	Approx. 5 Weeks
Unit 6: Personal Growth/ Development	Approx. 5 Weeks
Unit 7: Erin's Law/ Child Abuse	Approx. 5 Weeks
Unit 8: Relationships	Approx. 5 Weeks

Assessments

Evaluation of student achievement in this course will be based on the following:

- Classroom Observations, Class Discussion, Writing Assessments, Rubrics, Projects

Curriculum Resources

www.kidshealth.org

<http://www.csun.edu/science/health/>

www.myfoodplate.org

http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.V6xqj64_U7A

<http://www.csun.edu/science/health/>

www.pecentral.org

<https://www.walkandrollpeel.ca/health/tobacco/toolkit/lessons/fortuneteller-instruc.htm>

Home and School Connection

The following are suggestions and/or resources that will help parents support their children:

- Promote eating healthy foods
- Promote a healthy lifestyle including exercise
- Assist with teaching your child about the negatives of alcohol and tobacco
- Promote good character education including spreading kindness

