

GROWING HEALTHY - GRADE FOUR

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
<p>Intro Phase Day 1</p>		<p>Engage in various systematic scientific investigations. 1:2:a Describe significant characteristics of different forms of energy. 2:4:a Describe simple energy transfers and transformations. 2:4:b</p>	
<p>Day 2</p>		<p>Engage in various systematic scientific investigations. 1:2:a Describe simple energy transfers and transformations. 2:4:b Identify factors that can cause change in a population. 3:2:b</p>	<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b</p>
<p>Day 3</p>		<p>Engage in various systematic scientific investigations. 1:2:a Explore energy is transformations within a food chain. 3:3:a Identify relationships and interactions of living things. 3:3:b Identify how environmental factors affect all living things within ecosystems. 3:3:c</p>	
<p>Day 4</p>		<p>Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Explore energy is transformations within a food chain. 3:3:a Identify relationships and interactions of living things. 3:3:b Identify how environmental factors affect all living things within ecosystems. 3:3:c</p>	<p>Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Phase One			
Day 1	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p> <p>Describe the relationships between parents and offspring in organisms. 3:2:a</p>	<p>Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p>
Day 2	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p>
Day 3	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 4	<p>Describe the basic structure and functions of the human body. 1:2:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify relationships between structures and functions within an organism. 3:1:a</p>	<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 5	Describe the basic structure and functions of the human body. 1:2:a Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a	Identify relationships between structures and functions within an organism. 3:1:a	Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b

Phase Two			
Day 1	Describe the basic structure and functions of the human body systems. 1:2:a	Describe chemical and physical properties of matter. 2:1:b Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 2	Describe the basic structure and functions of the human body systems. 1:2:a	Demonstrate safety when engaged in scientific activity. 1:2:c Describe observable and measurable properties used to classify matter. 2:1:a Describe chemical and physical properties of matter. 2:1:b Describe the effect of physical changes on common materials. 2:2:b Describe the effects of chemical changes on common materials. 2:2:c Identify relationships between structures and functions within an organism. 3:1:a	Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 3	Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a Apply fundamental conventions of language in written work. 2:1:a

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 3 (Continued)			Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b Write to interpret and use new or unfamiliar information. 2:4:b
Day 4	Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a
Day 5	Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 6	Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b Determine personal health progress and make adjustments for improvement. 3:2:c Determine the role of personal responsibility in health-related decision making. 3:3:b Describe healthy ways to express needs, wants, and feelings. 4:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b
Day 7	Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 7 (Continued)	<p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		Write to interpret and use new or unfamiliar information. 2:4:b
Day 8	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Explain personal favorites in independent reading materials. 1:3:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 9	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		
Day 10	Describe the characteristics of good personal health. 3:2:a		

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 10 (Continued)	Determine the role of personal responsibility in health-related decision making. 3:3:b		
Phase Three			
Day 1	Describe the basic structure and functions of the human body systems. 1:2:a		Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a
Day 2	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 3	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 4	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 5	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c
Day 6	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b
Day 7	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b
Day 8	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 9	Describe the basic structure and functions of the human body systems. 1:2:a		
<u>Phase Four</u> Day 1	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe the role and organization of various community, state, and regional health agencies/ services. 2:2;a</p> <p>Describe situations when professional services are needed for personal health. 2:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p> <p>Explain the importance of following prescribed / recommended treatment. 2:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p>	<p>Describe the impact of ways scientific discoveries in historical and social perspectives. 5:1:b</p>	<p>Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 2	<p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Compare health care requirements and policies which affect safety and well-being. 1:3:b</p> <p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Define age-appropriate health related vocabulary. 4:2:c</p> <p>Examine information to determine causes of major health issues. 5:1:b</p>	Describe the impact of ways scientific discoveries in historical and social perspectives. 5:1:b	<p>Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p> <p>Gather and sort specific information / sources to make informed decisions. 1:4:c</p>
Day 3	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Examine information to determine causes of major health issues. 5:1:b</p> <p>Explore how medical advances affect personal and family health. 5:1:c</p>		<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 4	<p>Explore and problem–solve ways to properly express feelings. 1:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p>		Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 4 (Continued)	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
Day 5	<p>Explore and problem–solve ways to properly express feelings. 1:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p>		

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 5 (Continued)	<p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p> <p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
Day 6	<p>Explore and problem–solve ways to properly express feelings. 1:1:a</p> <p>Explore how culture influences personal health behaviors. 2:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Explain various communication techniques used when interacting with family, peers, and community. 4:1:b</p> <p>Develop effective interpersonal communication skills. 4:1:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 6 (Continued)	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
Day 7	<p>Explore and problem–solve ways to properly express feelings. 1:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explore how personal choices can affect one’s health. 3:3:a</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>		<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 8	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explore how personal choices can affect one’s health. 3:3:a</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Gather and sort specific information / sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Use the writing format required for a specific type of publication. 2:2:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 9	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Explore how personal choices can affect one’s health. 3:3:a</p> <p>Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c</p>		<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Gather and sort specific information / sources to make informed decisions. 1:4:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p>

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 9 (Continued)			Use the writing format required for a specific type of publication. 2:2:c Write to interpret and use new or unfamiliar information. 2:4:b
Day 10	Describe practices which promote lifelong health and well-being. 3:1:c Explore how personal choices can affect one's health. 3:3:a Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Gather and sort specific information / sources to make informed decisions. 1:4:c Apply fundamental conventions of language in written work. 2:1:a Use the writing format required for a specific type of publication. 2:2:c Write to interpret and use new or unfamiliar information. 2:4:b
Day 11	Examine the media's impact on personal health decisions and practices. 2:1:b Describe ways technology influences personal health decisions and practices. 2:1:c		Examine numerous information /reference sources for a variety of purposes, e.g., Internet, CD-ROM, print materials, video materials, and library. 1:4:a
Day 12	Examine the media's impact on personal health decisions and practices. 2:1:b Describe ways technology influences personal health decisions and practices. 2:1:c		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Gather and sort specific information / sources to make informed decisions. 1:4:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b Use examples from selected print and electronic media to support personal interpretations. 2:4:c

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 12 (Continued)			Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b
Day 13	Examine the media's impact on personal health decisions and practices. 2:1:b Describe ways technology influences personal health decisions and practices. 2:1:c		Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Use examples from selected print and electronic media to support personal interpretations. 2:4:c Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b

Phase Five			
Day 1	Describe ways to communicate care, consideration, and respect for self and others. 4:1:a		Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b
Day 2	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c Describe ways to communicate care, consideration, and respect for self and others. 4:1:a Recognize how different plans address various community health issues. 5:2:a Explore ways to advocate good health in families, schools, and communities. 5:3:b Explore the ways to help others obtain good health care. 5:3:c	Identify how environmental factors affect all living things within ecosystems. 3:3:c Explains the interrelationship of science, technology, and society. 5:1:c Describe situations that illustrate the impact of human activity on the environment. 5:2:a	Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c Apply fundamental conventions of language in written work. 2:1:a Write to interpret and use new or unfamiliar information. 2:4:b
Day 3	Determine how appropriate and inappropriate health practices affect self and family. 1:1:c	Identify how environmental factors affect all living things within ecosystems. 3:3:c	Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c

Growing Healthy Obj.	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Day 3 (Continued)	<p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Recognize how different plans address various community health issues. 5:2:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	<p>Explains the interrelationship of science, technology, and society. 5:1:c</p> <p>Describe situations that illustrate the impact of human activity on the environment. 5:2:a</p>	<p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 4	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</p> <p>Recognize how different plans address various community health issues. 5:2:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	<p>Identify how environmental factors affect all living things within ecosystems. 3:3:c</p> <p>Explains the interrelationship of science, technology, and society. 5:1:c</p> <p>Describe situations that illustrate the impact of human activity on the environment. 5:2:a</p>	<p>Use prior knowledge to interpret unfamiliar information/ materials/text. 1:1:c</p> <p>Apply fundamental conventions of language in written work. 2:1:a</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p>
Day 5	<p>Determine how appropriate and inappropriate health practices affect self and family. 1:1:c</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p> <p>Explore the ways to help others obtain good health care. 5:3:c</p>	<p>Design solutions to human and / or environmental problems. 5:2:c</p>	