

Know Your Body - Grade 4

Lesson	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<p><u>Module 1: Skill Builders</u></p> <p><u>Lesson 1: Building and Maintaing Self-esteem</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>	<p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p>	
<p><u>Lesson 2: Decision Making</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p>	<p>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe various listening techniques, which can be used in problem-solving and decision-making situations. 3:1:b</p>	
<p><u>Lesson 3: Effective Communication</u></p>	<p>Explore and problem-solve ways to properly express feelings. 1:1:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe ways to communicate care, consideration, and respect for self and others. 4:1:a</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>Use descriptive vocabulary and proper spelling in written work. 2:1:b</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the influence of non-verbal cues on communication. 3:1:c</p>	

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<u>Lesson 3: (Cont')</u>	Describe behaviors which create bridges and barriers to effective communication. 4:2:b		
<u>Lesson 4: Goal Setting</u>	Explore and problem-solve ways to properly express feelings. 1:1:a Describe examples of risky and harmful behavior. 3:1:a Explain ways to achieve and maintain good health. 3:2:b Describe behaviors which create bridges and barriers to effective communication. 4:2:b	Use descriptive vocabulary and proper spelling in written work. 2:1:b Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 5: Stress Management</u>	Explore and problem-solve ways to properly express feelings. 1:1:a Describe examples of risky and harmful behavior. 3:1:a	Write to explain prior knowledge about various topics. 2:4:a	
<u>Module 2: Body Fuel</u> <u>Lesson 1: Motivations for Eating</u> <u>Lesson 2: Balancing Fats</u>	Compare health care requirements and policies which affect safety and well-being. 1:3:b Describe practices which promote lifelong health and well-being. 3:1:c Describe the characteristics of good personal health. 3:2:a Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Describe the characteristics of good personal health. 3:2:a	Write to explain prior knowledge about various topics. 2:4:a Use appropriate writing style based on the established writing purpose and intended audience. 2:2:b Write to explain prior knowledge about various topics. 2:4:a	

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<u>Lesson 3: What Is Fiber?</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Describe the characteristics of good personal health. 3:2:a	Examine various literary works to model effective writing. 2:3:a Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 4: Breakfast Habits</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Describe the characteristics of good personal health. 3:2:a	Write to explain prior knowledge about various topics. 2:4:a	
<u>Module 3: A Changing You</u> <u>Lesson 1: All About Me</u> <u>Lesson 2: Coping With Change</u> <u>Lesson 3: Factors Influencing Growth and Development</u> <u>Lesson 4: Gender Roles and Sterotyping</u>		Write to explain prior knowledge about various topics. 2:4:a Write to explain prior knowledge about various topics. 2:4:a Write to explain prior knowledge about various topics. 2:4:a Write to explain prior knowledge about various topics. 2:4:a	Describe the relationships between parents and offspring in organisms. 3:2:a Describe the relationships between parents and offspring in organisms. 3:2:a Describe the relationships between parents and offspring in organisms. 3:2:a Describe the relationships between parents and offspring in organisms. 3:2:a
<u>Module 4: Safety Smart</u> <u>Lesson 1: School Safety</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c	Write to explain prior knowledge about various topics. 2:4:a	

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<u>Lesson 1: (Cont')</u>	Determine personal health progress and make adjustments for improvement. 3:2:c		
<u>Lesson 2: Safety at Home</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Determine personal health progress and make adjustments for improvement. 3:2:c	Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 3: Water Safety</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Determine personal health progress and make adjustments for improvement. 3:2:c	Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 4: How to Act in a Fire Emergency</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Determine personal health progress and make adjustments for improvement. 3:2:c	Write to explain prior knowledge about various topics. 2:4:a	
<u>Module 5: Fitness Is Fun</u> <u>Lesson 1: Values and Benefits</u>	Describe health practices related to the prevention of disease. 1:3:c Describe practices which promote lifelong health and well-being. 3:1:c Determine personal health progress and make adjustments for improvement. 3:2:c	Write to explain prior knowledge about various topics. 2:4:a	

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<u>Lesson 2: Monitoring Your Body</u>	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p>	<p>Write to explain prior knowledge about various topics. 2:4:a</p>	
<u>Lesson 3: Feelings Are Flexible</u>	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p>	<p>Write to explain prior knowledge about various topics. 2:4:a</p>	
<u>Lesson 4: Planning for Fitness</u>	<p>Describe health practices related to the prevention of disease. 1:3:c</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p>	<p>Write to explain prior knowledge about various topics. 2:4:a</p>	
<u>Module 6: I Can Choose</u> <u>Lesson 1: What Is a Habit?</u>	<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>Write to explain prior knowledge about various topics. 2:4:a</p>	

	Demonstrate age-appropriate behaviors reflective of a healthy lifestyle. 3:3:c		
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<u>Lesson 2: Who Influences Your Decisions?</u>	<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>	Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 3: What Is a Drug?</u>	<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>	Write to explain prior knowledge about various topics. 2:4:a	
<u>Lesson 4: Prescription Drugs</u>	<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>	Write to explain prior knowledge about various topics. 2:4:a	
<u>Module 7: Conflict Resolution / Violence Prevention</u> <u>Lesson 1: Building a Support System</u>	<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>	Describe the influence of non-verbal cues on communication. 3:1:c	
<u>Lesson 2: Active Listening</u>	<p>Differentiate between negative and positive behaviors in conflict situations. 4:3:a</p> <p>Describe appropriate conflict resolution strategies. 4:3:b</p>	Describe the influence of non-verbal cues on communication. 3:1:c	

Lesson	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<u>Lesson 2: (Cont')</u>	Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c		
<u>Lesson 3: Communication Potholes</u>	Differentiate between negative and positive behaviors in conflict situations. 4:3:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c	Describe the influence of non-verbal cues on communication. 3:1:c	
<u>Lesson 4: Working Together as a Team</u>	Differentiate between negative and positive behaviors in conflict situations. 4:3:a Describe appropriate conflict resolution strategies. 4:3:b Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c	Describe the influence of non-verbal cues on communication. 3:1:c	
<u>Module 8: A Healthy Smile</u>			
<u>Lesson 1: A Map of My Mouth</u>	Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		
<u>Lesson 2: Flossing Facts</u>	Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		
<u>Lesson 3: Myths and Facts about Teeth and Gums</u>	Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		

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<u>Lesson 4: I Value My Smile</u>	Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		
<u>Module 9: Ounce of Prevention</u> <u>Lesson 1: Communicable and Noncommunicable Diseases</u>	Describe health practices related to the prevention of disease. 1:3:c		
<u>Lesson 2: Assessing Your Risk</u>	Examine information to determine causes of major health issues. 5:1:b Describe health practices related to the prevention of disease. 1:3:c		
<u>Lesson 3: Sun Safety</u>	Examine information to determine causes of major health issues. 5:1:b Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		
<u>Lesson 4: Understanding Asthma</u>	Describe health practices related to the prevention of disease. 1:3:c Examine information to determine causes of major health issues. 5:1:b		
<u>Module 10: Consumer Wise</u> <u>Lesson 1: Are You a Consumer?</u>	Examine the media's impact on personal health decisions and practices. 2:1:b	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b	

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<u>Lesson 2: Triggers to Buy</u>	Examine the media's impact on personal health decisions and practices. 2:1:b	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b	
<u>Lesson 3: Where Do They Advertise?</u>	Examine the media's impact on personal health decisions and practices. 2:1:b	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b	
<u>Lesson 4: People Portrayals</u>	Examine the media's impact on personal health decisions and practices. 2:1:b	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Describe ways to assess the validity and accuracy of oral and visual information. 3:2:b	
<u>Module 11: The Environment and You</u> <u>Lesson 1: What A Mess!</u>	Identify significant community health issues. 5:1:a Recognize how different plans address various community health issues. 5:2:a		Identify how environmental factors affect all living things within ecosystems. 3:3:c Describe situations that illustrate the impact of human activity on the environment. 5:2:a Design solutions to human and/or environmental problems. 5:2:c

**Lesson 2: Where
Does the Garbage
Go?**

Identify significant community health issues.
5:1:a

Identify how environmental factors affect
all living things within ecosystems. 3:3:c

Lesson	Health Benchmarks	Language Arts Benchmarks	Science Benchmarks
<u>Lesson 2: (Cont')</u>	Recognize how different plans address various community health issues. 5:2:a		Describe situations that illustrate the impact of human activity on the environment. 5:2:a Design solutions to human and/or environmental problems. 5:2:c
<u>Lesson 3: Reusing Trash</u>	Identify significant community health issues. 5:1:a Recognize how different plans address various community health issues. 5:2:a	Present oral information in a clear and organized manner. 4:1:b	Identify how environmental factors affect all living things within ecosystems. 3:3:c Describe situations that illustrate the impact of human activity on the environment. 5:2:a Design solutions to human and/or environmental problems. 5:2:c
<u>Lesson 4: Combating Community Trash</u>	Identify significant community health issues. 5:1:a Recognize how different plans address various community health issues. 5:2:a		Identify how environmental factors affect all living things within ecosystems. 3:3:c Describe situations that illustrate the impact of human activity on the environment. 5:2:a Design solutions to human and/or environmental problems. 5:2:c
<u>Module 12: The Right Choice / HIV and AIDS</u>			
<u>Lesson 1: A Healthy Body Fights Disease</u>	Examine information to determine causes of major health issues. 5:1:b		
<u>Lesson 2: How HIV Affects the Immune System</u>	Examine information to determine causes of major health issues. 5:1:b		
<u>Lesson 3: Providing a Foundation for Learning about HIV / AIDS</u>	Examine information to determine causes of major health issues. 5:1:b		

**Lesson 4: Myths
and Facts About
HIV / AIDS**

Examine information to determine causes of major health issues. 5:1:b