

## Grade Four Health Education Curriculum Overview

Core Unit	MLR	Essential Understandings / Key Concepts
<b>Here's Looking At You</b>	<b>A6 C1 D1a D1c F1b F1c</b>	<ul style="list-style-type: none"> <li>- Some advertisements try to persuade people to use alcohol.</li> <li>- Nicotine, contained in all forms of tobacco, is an addictive drug.</li> <li>- Tobacco use including cigarettes, cigars, pipes, and smokeless tobacco is unhealthy.</li> <li>- A person can develop strategies for staying tobacco-free.</li> <li>- Family members influence decisions about tobacco use.</li> </ul>
<b>Talking About Touching (Safe Touch)</b> <ul style="list-style-type: none"> <li>• Personal Safety</li> <li>• Touching Safety</li> </ul>	<b>A1 A6 B2 C C2a C2b E1c</b>	<ul style="list-style-type: none"> <li>- Love and/or affection should be expressed appropriately depending on the relationship and the situation.</li> <li>- Children can learn safety strategies for dealing with abusive family situations.</li> <li>- When any type of abuse (verbal, social, physical, emotional, cyber, sexual) occurs to self or others, tell a trusted adult.</li> <li>- A child is not at fault if someone touches him or her in a way that is inappropriate.</li> <li>- There are appropriate and inappropriate kinds of touch.</li> <li>- Everyone, including children, has a right to tell others not to touch their body.</li> <li>- Unsafe situations should be recognized and communicated to a trusted adult.</li> <li>- It is important to identify and practice personal safety skills.</li> </ul>
<b>Consumer and Community Health</b> <ul style="list-style-type: none"> <li>• Influences on Personal Health</li> <li>• Sources of Valid Health Information</li> <li>• Technology and Healthy Behaviors</li> </ul>	<b>D1a D1b D2</b>	<ul style="list-style-type: none"> <li>- Media and technology should be used in safe and appropriate ways (social networking, cell phones, video, computers, music, etc...).</li> <li>- The media can affect and influence one's mental health.</li> <li>- Factors such as culture, economics, school, and marketing (e.g. advertising and packaging) influence food choices.</li> </ul>

<b>Mental and Emotional Health</b> <ul style="list-style-type: none"> <li>• Wellness Scale</li> <li>• Decision-Making Strategies</li> <li>• Character Development, Self-Statements</li> <li>• Expressing Emotions</li> <li>• Managing Stress</li> </ul>	A1 A2 A6 C2	<ul style="list-style-type: none"> <li>- Love and/or affection should be expressed appropriately depending on the relationship and the situation.</li> <li>- Recognizing and managing one's own emotions is important to personal health.</li> <li>- Everyone has a right to have feelings and opinions and to express them appropriately.</li> <li>- Positive self-esteem promotes one's well-being.</li> </ul>
<b>Nutrition Tips</b>	A1	
<b>Daily Motor Break</b>	C1b D1a	<ul style="list-style-type: none"> <li>- Daily physical activity maintains and improves body system functioning.</li> <li>- Physical activity opportunities are provided in school and by the community.</li> </ul>