

Wallenpaupack Area School District

Course: Health

GRADE LEVEL: Grade 4

LENGTH OF COURSE:

TEXT: Totally Awesome Health, Health Wave Promotion, Weekly Reader Instructional Materials, Weekly Reader 2002, Health Wave Promotion 2002 (Updated material)

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COURSE DESCRIPTION:

The Wallenpaupack Intermediate Health Curriculum is designed to present comprehensive health concepts that promote health living.

AREAS OF STUDY:

Family and Social Health
Growth and Development
Nutrition, Exercise and Fitness
Disease, Disorders and HIV/AIDS
Safety and First Aid
Consumer and Community Health
Mental Health and Drug Prevention

CURRICULUM WRITING TEAM:

DATE OF REVISION:

2003

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Personal/Mental Health

PA Standard: 10.2.3
10.3.3

Topics: Personal qualities Friendships Conflict resolution Family life	Skills: Uniqueness Strengths/weaknesses Self-esteem Feelings of others Characteristics of friendships I messages Positive statements Practice getting along with others Expressing emotions Stress and causes of Recognize and develop an acceptance and appreciation for various family structures and beliefs
Activities: Journal writing Discussion (large and small group) Problem solving game Role-play Worksheet/small group Story	Performance Assessment: Writing Participation in discussion Worksheet completion

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Drug Awareness &
Prevention

PA Standard: 10.1.3
10.2.3

Topics: Medicine vs. other drugs Influences Decision making Self esteem/refusal skills	Skills: Review definition of medicine and distinguish medicines and other drugs Recognize proper use of medicines Recognize the many influences on drug use Practice drug prevention skills Recognize each choice has a consequence Identify and understand the self control skill to stay out of trouble
Activities: Role playing Worksheet Small group games Home activity designed for parent/student interaction	Performance Assessment: Class participation Worksheet completion Teacher made tests

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Alcohol

PA Standard: 10.1.3
10.2.3

Topics: Alcohol awareness and prevention Self esteem/refusal skills	Skills: Identify alcohol as a harmful drug Identify drinks that contain alcohol Understand the health effects of alcohol on the body and mind Recognize alcoholism as a disease Recognize the impact of alcohol abuse on family, friends and community Practice skills for resisting alcohol use
Activities: Worksheet Small group games Class discussion – large and small group Role-playing	Performance Assessment: Teacher made test Worksheet completion Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Tobacco

PA Standard: 10.1.3
10.2.3

Topics: Tobacco awareness and prevention Self esteem/refusal skills	Skills: Identify nicotine as a harmful drug Identify substances which contain tobacco/nicotine Identify the specific adverse health effects of tobacco use Practice skills for resisting tobacco use
Activities: Worksheet Class discussion Tobacco puzzle	Performance Assessment: Teacher made test Worksheet completion Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Marijuana

PA Standard: 10.1.3
10.2.3

Topics: Marijuana awareness and prevention	Skills: Recognize marijuana as a dangerous and illegal drug Recognize marijuana primarily affects the brain Describe some of the behavioral effects of smoking marijuana Identify some of the activities people give up if they smoke marijuana
Activities: Class discussion	Performance Assessment: Teacher made test Class participation

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Human Growth and
Development

PA Standard: 10.1.3

Topics: Major body organs Personal growth Respiratory system Circulatory system Skeletal Muscular System Skin Nervous System	Skills: Identify major body organs and their functions in the system Recognize individual levels of growth and development Demonstrate an understanding and acceptance of physical, emotional and mental differences in a positive way Identify the basic structures and functions of the respiratory system Identify the basic structures and functions of the circulatory system Identify and locate major bones of the human body
Activities: Presentation (group) Worksheet Flip book	Performance Assessment: Teacher made test Participation Presentation/rubric Worksheet completion

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Disease Prevention

PA Standard: 10.1.3
10.1.6
10.2.3

Topics: Personal hygiene Communicable vs. non-communicable diseases HIV	Skills: Germs Sanitary practices Prevention skills Define disease Distinguish between communicable and non-communicable Accurate information about HIV transmission Eliminate unwarranted fears
Activities: Worksheet Video Story Role-play	Performance Assessment: Completion of worksheet Participation Tests

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Safety

PA Standard: 10.1.3
10.2.3
10.3.3

Topics:	Skills:
Weapon safety Personal safety Emergency plan Bike safety Animal safety Sun safety Bus safety Water safety Fire safety Playground/park safety	Recognize the dangers of weapons List weapons What to do if you come across a weapon Good touch – bad touch Home alone Internet 911 – How to call for help What is an emergency? Helmet – basic safety rules (dress...) Where to ride Recognize street signs Rabies Recognize potentially dangerous situations Wear sunscreen, hat Follow bus rules Pool rule (running, diving) Never swim alone Exit plan Stop, drop, cool Safe/unsafe acts Equipment usage
Activities:	Performance Assessment:
Worksheet Video Role-playing Demonstration Discussion Small group activities	Completion of worksheets Participation Test

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Nutrition and Fitness

PA Standard: 10.1.3
10.4.3
10.5.3

Topics:	Skills:
Relationship between nutrition and fitness Food guide pyramid Well-balanced diet Forms of exercise	Role of nutrients Identify major nutrients Food groups Identify foods and servings for each group Variety of foods Aerobic Anaerobic Muscles of the body
Activities:	Performance Assessment:
Flashcard Worksheet Class discussions Diet log Meal plan Fitness plan Food pyramid collage	Completed worksheets Participation Test Completed projects

Wallenpaupack Area School District

Course: Health

Grade Level: Grade 4th

Unit: Dental Health

PA Standard: 10.2.3

Topics: Parts of a tooth Cleaning Nutrition	Skills: Parts of a tooth Differences in primary and permanent teeth Ways to remove plaque Proper nutrition for healthy teeth
Activities: Worksheet Dental health plan Discussion Guest speaker	Performance Assessment: Participation in discussion Completed worksheet and plan Teacher made test