

Department: Health/Physical Education
Course #: 4th Grade

Course Title: Elementary Health Education

DESCRIPTION OF COURSE:

Concepts of Health – Interaction of body systems, nutrition, health problems and disease prevention

Healthful Living – Health practices, decision making skills, and the environment

Safety & Injury Prevention – safe/unsafe practices, strategies to avoid conflict, safe practices during physical activity

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ASSESSMENT ANCHORS
<i>Personal Health/Hygiene</i>	<i>Class #1</i>	<i>10.2 A B D</i>
<i>MyPyramid for Kids/Food Guide</i>	<i>Class #2</i>	<i>10.1 C; 10.2 D</i>
<i>Nutrition Facts/Healthy Diet</i>	<i>Class #3</i>	<i>10.1 C; 10.2 C</i>
<i>Communicable Diseases</i>	<i>Class #4</i>	<i>10.1 E; 10.2 A E</i>
<i>Major Body Organs and Systems</i>	<i>Class #5</i>	<i>10.1 B</i>
<i>Drug Awareness</i>	<i>Class #6</i>	<i>10.1 D; 10.2 C D; 10.3 C</i>
<i>Safe/Unsafe Practices</i>	<i>Class #7</i>	<i>10.3 A B D</i>

INSTRUCTIONAL RESOURCES:

- *Personal Health PowerPoint Presentation*
- <http://www.mypyramid.gov/index.html>
- *Pennsylvania Interdisciplinary Nutrition Curriculum 4-6*
- *Health Promotion Wave (HPW)*
- *American Heart Association (handouts, posters, booklets)*