

ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- GRADE FOUR

<p>Course Description</p> <p>Students continue to explore the 10 areas of health including: Injury Prevention & Personal Safety, Nutrition, Functions of the Body, Growth & Development, Illness Prevention, Substance Abuse Prevention, Community Health & Safety, Self worth, Mental and Emotional Health, Environmental & Consumer Health and Physical Fitness. Students are asked to take responsibility for learning about and making healthy choices in their everyday life. They identify personal long-term goals and formulate steps to reach them.</p>	
<p>Essential Questions</p> <ul style="list-style-type: none"> •What ways do individuals and communities keep safe? •In what ways do people take responsibility for keeping themselves clean? 	
<p>Curriculum Topics</p> <ul style="list-style-type: none"> •Community Safety •Let’s Talk Teeth •The Digestive System •No Smoking •It’s My Body •Growing Up •Danger Ahead: The Truth About Drugs •All About AIDS •Your Incredible Hearing •Exercise •Tobacco 	<p>Benchmarks</p> <ul style="list-style-type: none"> •Identify forms of violence and apply peaceful skills used for conflict resolution. •Demonstrate necessary routines for proper dental care and identify dental problems and solutions. •Explain the Digestive System and demonstrate responsibility for improving eating and exercise habits. •Identify the ways tobacco harms your body and analyze tobacco advertisements for marketing techniques. •Identify things that can hurt your body and list reasons why critical thinking skills are important in keeping our bodies safe. •Explain how hormones affect body function and change and define “good hygiene”. •Identify the effects of individual drugs and create personal long term goals fro remaining drug free. •List ways in which HIV is and is not transmitted and explain its effect on the immune system. •Identify the major parts of the ear and their function and demonstrate responsible behavior that is key to injury prevention of the ear. •Identify the benefits for each part of the body and practice evaluating and monitoring personal fitness level.