

HEALTH

Grade 4

Standard: Students comprehend concepts related to health promotion and disease prevention.

Major Concepts:

- 1CH-E1** Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, and disability and premature death
- 1CH-E2** Describe the interrelationship of mental, emotional, social and physical health during adolescence
- 1CH-E3** Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle
- 1CH-E4** Describe how family and peers influence the health of adolescents
- 1CH-E5** Explain how environmental health and personal health are interrelated
- 1CH-E6** Describe ways to reduce risks related to adolescent health problems
- 1CH-E8** Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
1CH-E1.	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, and disability and premature death	PO 1.	Describe positive health behaviors which can prevent common injuries, diseases and other conditions		<i>Arizona Health Education Activity Guide</i>
		PO 2.	Describe harmful effects of substance use		<i>D.A.R.E.</i>
1CH-E2.	Describe the interrelationship of mental, emotional, social and physical health during adolescence	PO 1.	Draw how thoughts, feelings, being with people and being healthy are all related		<i>Arizona Health Education Activity Guide</i>

HEALTH

Grade 4

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
1CH-E3.	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle	PO 1.	Contrast healthy and unhealthy lifestyles		<i>D.A.R.E.</i>
		PO 2.	Describe the effects on healthy and unhealthy lifestyles on health, growth and development		<i>D.A.R.E.</i>
1CH-E4.	Describe how family and peers influence the health of adolescents	PO 1.	Classify healthy and unhealthy choices that you have learned from family and peers		<i>D.A.R.E.</i>
1CH-E5.	Explain how environmental health and personal health are interrelated	PO 1.	Describe the relationship between healthy people and a healthy environment		<i>D.A.R.E.</i>
1CH-E6.	Describe ways to reduce risks related to adolescent health problems	PO 1.	Identify changes adolescents can make in their lifestyle to reduce health risks		<i>D.A.R.E.</i> <i>Nurse – HIV</i>
1CH-E8.	Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness	PO 1.	Discuss the basic nutrients and identify their uses in the body		<i>Orange Birds, Food and Nutrition</i> <i>The Calorie Game, Food and Nutrition</i> <i>Nutriquest Game, Food and Nutrition</i> <i>Get to Know Nutrition, Food and Nutrition</i> <i>The Young and Nutritious, Food and Nutrition</i>
		PO 2.	Describe how a balanced and nutritious diet is related to weight, appearance and wellness		<i>Orange Birds, Food and Nutrition</i> <i>The Calorie Game, Food and Nutrition</i> <i>Nutriquest Game, Food and Nutrition</i> <i>Get to Know Nutrition, Food and Nutrition</i> <i>The Young and Nutritious, Food and Nutrition</i>

Standard: Students demonstrate the ability to access accurate health information.

Major Concepts:

- 2CH-E1** Obtain and utilize accurate health resources from home, school and community
- 2CH-E2** Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics)
- 2CH-E3.** Compare the costs and effectiveness of health products
- 2CH-E4.** Describe situations requiring professional health services
- 2CH-E5.** Identify emergency preparedness and emergency resources (e.g., first aid, CPR)

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
2CH-E1.	Obtain and utilize accurate health resources from home, school and community	PO 1.	List accurate health information from home, school and community		<i>D.A.R.E. Arizona Health Education Activity Guide</i>
		PO 2.	Utilize accurate health information		<i>Arizona Health Education Activity Guide Nurse - HIV</i>
2CH-E2.	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics)	PO 1.	Explain how media affects the selection of health information and products		<i>D.A.R.E. Arizona Health Education Activity Guide</i>
2CH-E3.	Compare the costs and effectiveness of health products	PO 1.	Demonstrate effectiveness of a specific health product (e.g., shampoo, soap)		
		PO 2.	Compare cost of products		<i>Arizona Health Education Activity Guide</i>
2CH-E4.	Describe situations requiring professional health services	PO 1.	Describe situations requiring professional health services		

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
2CH-E5.	Identify emergency preparedness and emergency resources (e.g., first aid, CPR)	PO 1.	List what you need to be prepared for a medical emergency		<i>Fire drills School Crisis Plan Arizona Health Education Activity Guide</i>
		PO 2.	List emergency resources		<i>D.A.R.E. Fire Safety Arizona Health Education Activity Guide</i>

HEALTH

Grade 4

Major Concepts:

- 3CH-E1** Explain the importance of assuming responsibility for personal health behaviors
- 3CH-E2** Identify strengths of, and risks to, one's personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both
- 3CH-E3** Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)
- 3CH-E4** Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations
- 3CH-E5** Demonstrate strategies to manage stress

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
3CH-E1.	Explain the importance of assuming responsibility for personal health behaviors	PO 1.	Illustrate examples of responsible healthy behavior		<i>D.A.R.E.</i>
3CH-E2.	Identify strengths of, and risks to, one's personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both	PO 1.	Compare personal and family health risks and strengths		
		PO 2.	Explain ways to reduce risks and increase strengths		<i>Arizona Health Education Activity Guide</i>
3CH-E3.	Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs)	PO 1.	List differences between responsible and risky behaviors		<i>D.A.R.E.</i>

Students should know and be able to...					
Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
3CH-E4.	Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations	PO 1.	Identify ways to prevent personal and family injuries		<i>Arizona Health Education Activity Guide</i>
		PO 2.	Identify ways to avoid dangerous situations for yourself and your family		<i>Arizona Health Education Activity Guide</i>
3CH-E5.	Demonstrate strategies to manage stress	PO 1.	Choose five ways to reduce stress		<i>Arizona Health Education Activity Guide</i> <i>D.A.R.E.</i>

Standard: Students analyze the influence of culture, media, technology and other factors on health.

Major Concepts:

- 4CH-E1.** Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences
- 4CH-E2.** Explain how messages from media and other sources influence health behaviors
- 4CH-E3.** Describe the influence of technology on personal and family health
- 4CH-E4.** Describe how information from peers influences health

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
4CH-E1.	Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences	PO 1.	Compare how different cultures regard health		
		PO 2.	Distinguish the ways health services are used by different cultures		
4CH-E2.	Explain how messages from media and other sources influence health behaviors	PO 1.	Determine the way media messages influence your health		<i>D.A.R.E.</i>
4CH-E3.	Describe the influence of technology on personal and family health	PO 1.	Specify five ways that technology affects your health		
4CH-E4.	Describe how information from peers influences health	PO 1.	Describe how information from peers influences health		<i>D.A.R.E.</i>

Standard: Students demonstrate the ability to use interpersonal skills to enhance health.

Major Concepts:

5CH-E1 Demonstrate ways to communicate care, consideration, and respect of self and others

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
5CH-E1.	Demonstrate ways to communicate care, consideration, and respect of self and others	PO 1.	Choose five ways to show that you care about self and others		C.A.R.E. D.A.R.E.

Standard: Students demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Major Concepts:

- 6CH-E1** Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively
- 6CH-E2** Explain how decisions regarding health behaviors have consequences for self and others
- 6CH-E3** Describe how personal health goals are influenced by information, abilities, priorities and responsibilities
- 6CH-E4** Develop a plan that addresses personal strengths, needs, and health risks and apply strategies and skills needed to attain personal health goals

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
6CH-E1.	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively	PO 1.	Demonstrate the decision-making process		<i>Every Drop Counts</i>
		PO 2.	Choose three alternatives and consequences regarding a health issue		
6CH-E2.	Explain how decisions regarding health behaviors have consequences for self and others	PO 1.	Identify five (positive or negative) health behaviors		<i>Arizona Health Education Activity Guide</i>
		PO 2.	Define the consequences of the above health behaviors		<i>Arizona Health Education Activity Guide</i>

Students should know and be able to...					
Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
6CH-E3.	Describe how personal health goals are influenced by information, abilities, priorities and responsibilities	PO 1.	List five behaviors that maintain personal health		<i>Arizona Health Education Activity Guide</i>
		PO 2.	List five strategies for the above information that can impact personal health goals		<i>Arizona Health Education Activity Guide</i>
		PO 3.	List five health priorities and responsibilities based on the above list		<i>Arizona Health Education Activity Guide</i>
		PO 4.	Describe how these strategies affect health goals		<i>Arizona Health Education Activity Guide</i>
6CH-E4.	Develop a plan that addresses personal strengths, needs, and health risks and apply strategies and skills needed to attain personal health goals	PO 1.	Develop three personal health goals		<i>Physical Education</i>
		PO 2.	Design a plan to improve strengths, realize needs, and reduce health risks		
		PO 3.	Describe attainment of personal health goals		

HEALTH

Grade 4

Standard: Students demonstrate the ability to advocate for personal, family, and community health.

Major Concepts:

- 7CH-E1** Research various media for language, subject matter and visual techniques used to influence health-related information and decision making
- 7CH-E4.** Demonstrate the ability to support others in making positive health choices
- 7CH-E5.** Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools

Students should know and be able to...

Concept Number	Concept	PO No.	Performance Objective	Mastery Elements	Notes/Integration/Resources
7CH-E1.	Research various media for language, subject matter and visual techniques used to influence health-related information and decision making	PO 1.	Compare three different types of health information found in the media		<i>D.A.R.E.</i>
		PO 2.	Identify which visual techniques used above (in PO1) about health information is the most dramatic and why		
7CH-E4.	Demonstrate the ability to support others in making positive health choices	PO 1.	Distinguish three positive strategies to support someone making health choices		<i>Arizona Health Education Activity Guide</i>
7CH-E5.	Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools	PO 1.	Identify the various roles in a cooperative setting		<i>D.A.R.E.</i>
		PO 2.	Construct a cooperative group where everyone has a role towards promoting health awareness for a person, family, or school		<i>D.A.R.E.</i>
		PO 3.	Determine ways to make this cooperative group successful		<i>D.A.R.E.</i>

