

Grade 4

Scope/Sequence	Standards Addressed	Key Ideas, Terms, and Concepts:
<p><u>Lesson 1:</u> Avoiding germs to stay healthy</p>	1, 2, 3	<ul style="list-style-type: none">● Describe ways that common infectious diseases are transmitted.● Describe ways to prevent the spread of germs that cause infectious diseases.● Explain how handwashing and covering a cough and sneeze are effective ways to prevent many infectious diseases.● Describe the importance of seeking help and treatment for common infectious diseases.
<p><u>Lesson 2:</u> Dealing with stress</p>	1, 2, 3	<ul style="list-style-type: none">● Define stress.● List physical and emotional reactions to stress.
<p><u>Lesson 3:</u> Respect for self and others</p>	1, 2, 3	<ul style="list-style-type: none">● Describe how people are similar and different.● Identify characteristics that make people unique or special.● Identify characteristics of someone who has self-respect.● Identify characteristics of someone who has respect for others.
<p><u>Lesson 4:</u> What makes a good friend</p>	1, 2, 3	<ul style="list-style-type: none">● Describe the benefits of healthy peer relationships.● Describe healthy ways to express friendship and concern.● Explain the importance of respecting the personal space and boundaries of others.● Demonstrate effective verbal and nonverbal communication skills.

<p><u>Lesson 5:</u> Conflict resolution</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Demonstrate healthy ways to manage or resolve conflict. ● Demonstrate how to effectively ask for adult help with serious conflicts.
<p><u>Lesson 6:</u> Online Safety</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Describe how media and technology influence behaviors. ● Use skills for analyzing influences to understand media messages. ● Understand cyberbullying and when to report to a trusted adult.
<p><u>Lesson 7:</u> Exercise for health</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Describe the recommended amount of physical activity for children. ● Identify different types of physical activities. ● Describe the importance of choosing a variety of ways to be physically active. ● Explain positive outcomes from being physically active.
<p><u>Lesson 8:</u> Personal hygiene</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none"> ● Explain how growth and development can vary greatly. ● Demonstrate how to effectively maintain healthy hygiene habits.