Teacher: CORE Health

Grade 4-5

Course: Health Grades 4- Month: All 5 Months

S Personal Health

S Personal Health							
e Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
p How do physical, emotional, and chemica changes effect growth and development.	self-esteem al	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	relationships	Bullying Survey	Bullying Student Lesson Plan		10.1.6.A-Concepts of Health ~ Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.
t How is bullying a health issue?	n stress			Bullying Lesson Plan	School Safety		10.3.6.C-Safety and Injury Prevention ~ Describe strategies to avoid or manage conflict and violence.
e		Recognize the physical, emotional, and chemical changes in development between childhood and adolescence.	esteem	Analyze Webisode Characters	Webisodes	library	
m	families						
b			childhood				
e r	education	Describe the interrealtionships of mental, emotional, and physical health. Analyze reasons a person would demonstrate bullying behaviors.	adolescence				
	puberty		adulthood				
	reasons why people become bullies	Recognize the difference between bullying and rude behavior.					
	positive ways to resolve conflict	Demonstrate four ways to deal with a bullying	mediation				

situation.

	bullying						
		MEH1.2.6 Explain why it is wrong to tease or bully others.					
			Unique				
			Accept				
O Personal Health							
c Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
t What are the functions of the major human body systems?	circulatory system/ circulation	Analyze the role of major body systems.	circulation	Fourt Grade Muscular System	Muscular System		10.1.6.B-Concepts of Health ~ Identify and describe the structure and function of the major body systems.
o	Circulation			Fifth Grade Skeletal	Skeletal		of the major body systems.
0				Practicum	System		
b How does healthy decision making effect major body systems?		Identify the components of major body systems.	heart-related vocabulary: atria,	Body Systems Poster			
.,,.,			ventricle,				
			aorta,				
			septum, veins,				
			arteries,				
			capillaries				
e	muscular system/						
	structure and						
	function						
r			skeletal-				
			related vocabulary:				
			individual				
			bone names				
			(major), joint,				
			cartlidge				
		Explain the relationship					
		between a healthy diet					
		and a healthy body.					

non verbal

avoidance

strategies for

skeletal system/ structure and function	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	muscular- related vocabulary: individual muscle names (major), ligament
	NHES #7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.	

N Nutrition and Physical

'	N Nutrition and r hysical							
	Activity							
C	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
١	How does a healthy diet	nutritional labels	NHS #1: Students will	calorie	Create-a-Meal	Food Labels		10.1.6.C-Concepts of Health ~ Analyze
	impact overall health?		comprehend concepts					nutritional concepts that impact health.
			related to health					
			promotion and disease					
			prevention to enhance					
			health.					
ϵ	How do you determine a	l	Describe the relationship		What's on the Label?	Mission		
	valid nutritional		between caloric intake,			Nutrition		
	resource?		physical activity, and a					
			healthy weight.					
r	n	ingredients list		serving size	Food Labels	Nutrition Blast	Phoenixville	
						Off	Hospital	
							Vicky Natale	
k)		Analyze food labels to					
			determine the important					
			nutritional information.					
ϵ	2	food intake vs.		nutrition				
		physical activity						
r		·	Create menus that					
			provide nutrient-rich					
			meals.					

calorie counting		nutrients: carbohydrates
		, protein, fat.
		water,
		vitamins,
		minerals
	Recognize the nutritional	
	requirements for specific	
	stages of development.	

recommended daily allowance

sodium

fiber

D Personal Health

e Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
c Why is it important to know the type of germ that is making us sick?	function of immune system	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	germs: bacteria, protozoa, fungi, virus	Germs	The Sneeze		10.1.6.E-Concepts of Health ~ Identify and describe health problems that can occur throughout life.
e				Germ Riddle	Germs Movie: Introduction		
m Why is it important to know the steps to take when trying to prevent spreading germs?	personal responsibilty in preventing the spread of germs	NHES #3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	toxin				
b							
e r	4 common germs	Identify ways to prevent the spread of germs.	symptom				
		Recognize common germs and their symptoms.					

J Drugs, Alcohol, Tobacco

а	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	What are strategies for avoiding drugs, alcohol, and tobacco?	decision-making	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	nicotine	Natrural High Narrative	Tobacco- 4	Video: "Smokin' Somebody Stop Me!"	10.1.6.D-Concepts of Health ~ Explain factors that influence childhood and adolescent drug use.
u				addiction	Anti-Tobacco Poster	Smokin' Somebody Stop Me		
а	What is the connection	refusal skills	Recognize basic	tobacco		•		
	between using drugs, alcohol and tobacco?		facts about drugs, alcohol, and tobacco.					
r			,	cancer			Video:	
							"Natural	
							High"	
У		peer pressure	Analyze effects of drugs, alcohol, and tobacco on					
			body systems.					
		effect to body	Identify reasons people					
		systems	would use/abuse drugs,					
			alcohol, and tobacco.					
			Demonstrate refusal skills	i e				
			and goal setting in					
			realtion to using drugs,					
			alcohol, and tobacco.					
			Analyze the relationship					
			between using tobacco					
			and using alcohol or other drugs					
			NHES #4: Students will					
			demonstrate the ability					
			to use interpersonal					
			communication					
			communication skills to					
			enhance health and					
			avoid or reduce health					
			risks.					

F Personal Health							
e Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
b What responsibilities do students have for promoting pesonal health to prevent disease?	personal health practices	NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance	hygiene	Personal Hygiene	Personal Hygiene		10.2.6.A-Healthful Living ~ Explain the relationship between personal health practices and individual well-being.
		health					
r				Hygiene Detective	Hand Washing		
u		Demonstrate a variety of behaviors to maintain or improvepersonal health.					
a			influenza				
r		Evalaia ways ta arayont					
У		Explain ways to prevent common childhood health problems.					
		Identify when it's important to seek health care.	obesity				
M Personal Health							
a Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
r Where can you find product		NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	warning	Internet Safety	Cyberullying		10.2.6.B-Healthful Living ~ Explain the relationship between health-related information and consumer choices.
c information to help make an informed, healthy decision?	sunscreen			Warning Labels	Warning Labels		10.2.6.C-Healthful Living ~ Explain the media's effect on health and safety issues.
h How have changes in technology led to health issues?		Analyze food label information and understand its	label				

tobacco warnings relationship to personal cyberbullying

warning labels.

Interpret the meaning of

health.

warning labels

Identify characteristics of valid health information products.

social networking and impact on health truth in advertising

A Intentional and Unintentional Injuries

		Offinteritional injuries							
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Figure F							S		media's effect on health and safety
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	а	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	У	What are the specific	emergency		evacuation	Emergency Situation	Emergency		10.3.6.A-Safety and Injury Prevention ~
		reponses required in an	situations			Response	Stories		Explain and apply safe practices in the
emergency? home, school and community.		emergency?							home, school and community.

		NHES #1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.		Safety Checklist	Fire safety	10.3.6.B-Safety and Injury Prevention ~ Know and apply appropriate emergency responses.
	emergency		911		Safety Roll	
	response				Play	
How can dangerous		NHES #5: Students will				
situations be prevented		demonstrate the ability				
at home, at school, and		to use decison-making				
in the community?		skills to enhance health.				
	preventative		prevention			
	measures	Analyza rala in specific				
		Analyze role in specific				
	plan developmen	emergency situations. t	prepared			
	and practice		P SP SS			
		List four steps to take in				
		an emergency.				
	student role and					
	response	Davidan a ulau				
		Develop a plan				
		for specific emergencies, i.e fire, accident etc.				
		i.e iiie, accident etc.				

J Personal Health

u	Essential Questions	Content	Knowledge and Skills	Vocabulary	Assessments	Lessons	Resources	Standards
n	How does the	connection of	NHES #1: Students will	reduce	Reduce Reuse Recycle	Environmental	Song:	10.2.6.E-Healthful Living ~ Analyze
	environment effect our	environment to	comprehend concepts			Health	"Reduce,	environmental factors that impact
	health?	health	related to health				Reuse,	health.
			promotion and disease				Recycle"	
			prevention to enhance					
			health.					
е								
			NHES #3: Students will	reuse				
			demonstrate the ability					
			to access valid					
			information, products,					
			and services to enhance					
			health.					

student imapct on environment

Analyze environmental recycle behviors that impact health.

Demonstrate ways to change the surrounding environment to positively effect health.