

GRADE 4: HEALTH CURRICULUM FRAMEWORKS

NATIONAL STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will describe the basic structure and functions of the human body systems.	<u>Unit: Family Life, Growth, and Development</u> <ul style="list-style-type: none"> • Describe the physical changes during puberty. • Understand the biological differences between boys and girls. <u>Unit: Personal Health</u> <ul style="list-style-type: none"> • Make a model of a body system and explain how it works. 	Body Changes Curriculum
The student will compare the effects of positive and negative behavior on personal health.	<u>Unit: Drug Use Prevention</u> <ul style="list-style-type: none"> • Predict consequences of positive and negative behaviors on personal health. • Describe how alcohol and other drugs can affect health and behavior. • Identify risk factors that contribute to tobacco use. • Describe the effects of tobacco use on the human body. 	
NATIONAL STANDARD 3: Students will demonstrate the ability to access valid information and products and services to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will identify characteristics of valid health information and health-promoting products and services.	<u>Unit: Nutrition</u> <ul style="list-style-type: none"> • Discuss, interpret, and compare the information on food labels. 	
NATIONAL STANDARD 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		
Minnesota Benchmark	Activities	Resources*
The student will describe communication skills to build and maintain healthy relationships.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Use assertive statements and “I” statements in student-created skits about relationship scenarios. • Describe problems that arise in friendships and suggest ways to deal with them. 	
The student will demonstrate healthy ways to express needs, wants and feelings.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Identify healthy and unhealthy methods for handling strong emotions. • Demonstrate how to handle potentially unsafe or uncomfortable situations (e.g., playground incidents, friendship problems). 	

*The following resources are available throughout the year in all units: Harcourt: “Your Health,” Brain Pop, “Scholastic News,” Morning Meeting, Leveled Readers, Apps for iPads

GRADE 4: HEALTH CURRICULUM FRAMEWORKS

NATIONAL STANDARD 5: Students will demonstrate the ability to use decision-making skills to enhance health.		
Minnesota Benchmark	Activities	Resources*
The student will demonstrate the ability to apply a decision-making process to health issues and problems.	<u>Unit: Nutrition</u> <ul style="list-style-type: none"> • Identify criteria to choosing healthful snacks. • Evaluate food choices and the impact of nutrition on health and energy. 	
NATIONAL STANDARD 6: Students will demonstrate the ability to use goal-setting skills to enhance health.		
Minnesota Benchmark	Activities	Resources*
(none available)	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • 10 ways to display positive friendship behavior. 	
NATIONAL STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		
Minnesota Benchmark	Activities	Resources*
The student will demonstrate skills to manage stress.	<u>Unit: Emotional, Intellectual, and Social Health</u> <ul style="list-style-type: none"> • Participate in and practice various stress-reduction techniques. 	
NATIONAL STANDARD 8: Students will demonstrate the ability to advocate for personal, family, and community health.		
Minnesota Benchmark	Activities	Resources*
The student will demonstrate the ability to influence and support others in making positive health choices.	<u>Unit: Personal Health</u> <ul style="list-style-type: none"> • Create a personal safety plan to use in crisis situations. 	

*The following resources are available throughout the year in all units: Harcourt: “Your Health,” Brain Pop, “Scholastic News,” Morning Meeting, Leveled Readers, Apps for iPads