

HEALTH
4th Grade

RE-1 Standard 1: The student will comprehend concepts related to health promotion and disease prevention.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
1.1 Describe the relationship between personal health behaviors and individual well-being.	Class P.E. Teacher	CHANGE CHOOSE CONFLICT FIT OUNCE	RIGHT SAFETY SKILL SMILE
1.2 Identify indicators of mental, emotional, social and physical health during childhood.	Class P.E. Teacher	CHOOSE FIT RIGHT	SAFETY SMILE
1.3 Describe the basic structure and function of the human body system.	Class P.E. Teacher	CHANGE FIT	OUNCE RIGHT
1.4 Describe how the family influences personal health.	Class	CHANGE CHOOSE CONFLICT	OUNCE SAFETY
1.5 Describe how physical, social and emotional environments influence personal health.	Class	CHANGE CHOOSE ENVIRONMENT	OUNCE SAFETY SKILL
1.6 Explain and identify health problems and childhood injuries that can be prevented or treated if detected early.	Class	OUNCE RIGHT	SAFETY SMILE

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors, reduce health risks.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
2.1 Identify responsible health behaviors.	Class P.E. Teacher	BODY CHANGE CHOOSE FIT	OUNCE RIGHT SKILL
2.2 Identify personal health needs.	Class P.E. Teacher	BODY CHOOSE FIT	SKILL SMILE
2.3 Demonstrate strategies to improve or maintain personal health.	Class P.E. Teacher	BODY CHANGE CHOOSE CONFLICT FIT	OUNCE RIGHT SKILL SMILE
2.4 Develop injury prevention and management strategies for personal health.	Class P.E. Teacher	FIT CHOOSE	OUNCE
2.5 Compare and demonstrate ways to avoid and/or to reduce threatening situations.	Class P.E. Teacher	CONFLICT FIT	
2.6 Apply skills to manage stress.	Class P.E. Teacher	CONFLICT FIT	SKILL

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology and other factors on health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
3.1 Describe how culture influences personal health behaviors.	Class	BODY CHOOSE	
3.2 Explain how media influences thoughts, feelings, and health behaviors.	Class	BODY CHANGE CHOOSE	CONFLICT CONSUMER OUNCE
3.3 Describe ways technology can influence personal health.	Class	BODY CHOSE	CONFLICT CONSUMER
3.4 Explain how information from school and family influences health.	Class	BODY CHOOSE CONFLICT CONSUMER	ENVIRONMENT OUNCE RIGHT SKILL

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
4.1 Distinguish between verbal and non-verbal communication.	Class	CONFLICT CONSUMER	SKILL
4.2 Describe characteristics needed to be a responsible friend and family member.	Class	CONFLICT	
4.3 Demonstrate healthy ways to express needs, wants and feelings.	Class	CHOOSE CONFLICT	SKILL
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	Class	CHOOSE CONFLICT	SKILL
4.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Class	CHOOSE CONFLICT	SKILL
4.6 Demonstrate refusal skills to enhance health.	Class	CONFLICT	
4.7 Differentiate between negative and positive behaviors used in conflict situations.	Class	CHOOSE CONFLICT	SKILL
4.8 Demonstrate non-violent strategies to resolve conflicts.	Class	CHOOSE	CONFLICT

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
5.1 Demonstrate the ability to apply a decision-making process to health issues and problems.	Class	CHANGE CHOOSE CONFLICT	SKILL SMILE
5.2 Explain when to ask for assistance in making health-related decisions and setting health goals.	Class	BODY CHOOSE	SAFETY SKILL
5.3 Predict outcomes of positive health decisions.	Class	BODY CHOOSE OUNCE	RIGHT SKILL
5.4 Set a personal health goal and track progress toward its achievement.	Class P.E. Teacher	BODY CHOOSE FIT	RIGHT SKILL SMILE

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RE-1 Standard 6: Students will demonstrate the ability to advocate for personal, family and community health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
6.1 Describe a variety of methods to convey accurate health information and ideas.	Class P.E. Teacher	BODY CHOOSE	FIT OUNCE
6.2 Express information and opinions about health issues, both emotional and physical.	Class	BODY CHOOSE OUNCE	RIGHT SKILL
6.3 Identify and locate community agencies that advocate for healthy individuals, families and communities.	Class	CONSUMER ENVIRONMENT	SMILE
6.4 Demonstrate the ability to influence and support others in making positive health choices.	Class	CHOOSE RIGHT	SKILL