

## Fourth Grade Health

<http://www.sad44.org/curriculum/health/health.pdf>

### *Role in Family and Peer Group*

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
<b>Unit (order will vary)</b>	<b>Staying Healthy</b>	<b>Healthy Decisions</b>	<b>Responsible Friend and Family Member</b>	
<b>Strands</b>	Health Concepts (A) Health Information (B) Influences on Health (D)	Health Promotion and Risk Reduction (C) Decision Making and Goal Setting (F)	Influences on Health (D) Communication Skills (E)	
	<a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>			
<b>Activities</b>	Role play “healthy person” Guided discussion readings Field trip to community health resources Phonebook and Internet research Brainstorming Interview about effects of technology on health	Role play dealing with stressful situations, short term results of proper nutrition, abstinence from alcohol, tobacco List positive and negative consequences Develop personal safety plan	Role play Guided discussion Brainstorm good listening and good communication	
<b>Assessments</b>	Getting and Staying Healthy (Local) A5; B3 <i>Technology: Healthful or Not</i> (LAD) D3 <a href="http://mainelad.org">http://mainelad.org</a> <i>Stress, What Stress?</i> (MAP)A6 <a href="http://www.maptasks.org">http://www.maptasks.org</a>		<i>A Responsible Person</i> (MAP) D4 <a href="http://www.maptasks.org">http://www.maptasks.org</a> <i>Healthy Conversations</i> (Local) E1	
		<i>Take Root</i> (LAD) A2,A7, F2 <a href="http://mainelad.org">http://mainelad.org</a>		
<b>Vocabulary</b>	Coping strategies Health agencies Stress Mental, social, emotional, and physical health	Abstinence Consequences	Respect Concern for Others Helpfulness Listening skills Communication skills	

<b>Resources</b>	<i>Loser</i> Community health providers Alcohol and Drug prevention information	<i>Tar Wars</i> <i>Red Ribbon Week</i> <i>Alcohol Awareness Day</i>	<i>100 Dresses</i> <i>Indian in the Cupboard</i> <i>I Can't Said the Ant</i> <i>Annie and the Old One</i>
<p><a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up.</p> <p><a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.</p>			