



## Health 4 (C)

Diocese of Greensburg Curriculum / 2022-2023 / Grade 4 / Health & Physical Education / Health 4 (C) / Althof, Ben

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Thursday, November 17, 2022, 9:49AM

Unit	Standards	Content	Skills
<p><b>Health</b>  <b>X Problems/Diseases</b>  <i>(Week 1, 7 Weeks)</i></p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b>  <b>PA: Grade 3</b></p> <hr/> <p><b>10.1 Concepts of Health</b>  <b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>E. Identify types and causes of common health problems of children. • infectious diseases (e.g., colds, flu, chickenpox) • noninfectious diseases (e.g., asthma, hay fever, allergies, lyme disease) • germs • pathogens • heredity</p> <p><b>10.2 Healthful Living</b>  <b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify personal hygiene practices that promote health and prevent the spread of disease.</p> <p>E. Identify environmental factors that affect health. • pollution (e.g., air, water, noise, soil) • waste disposal • temperature extremes • insects/animals</p> <p><b>PA: Grade 6</b></p> <hr/> <p><b>10.1 Concepts of Health</b>  <b>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>Identify health problems that can occur throughout life and describe ways to prevent them. • diseases (e.g., cancer, diabetes,</p>	<ul style="list-style-type: none"> <li>• Heredity</li> <li>• Infection</li> <li>• Lyme Disease</li> <li>• Asthma</li> <li>• Allergies</li> <li>• Cardiovascular Disease</li> <li>• Cancer</li> <li>• Diabetes</li> <li>• Immunizations</li> <li>• Yearly Health Exams (Prevention)</li> <li>• Infectious/Non-Infectious disease</li> </ul>	<p>The students will be able to</p> <ul style="list-style-type: none"> <li>• Name and describe the diseases listed.</li> <li>• Understand the difference between infections and non-infections diseases.</li> <li>• Describe ways to prevent certain diseases.</li> <li>• List the causes of diseases (heredity, infection, etc)</li> </ul>

Unit	Standards	Content	Skills
	<p>cardiovascular disease) • preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, be physically active)</p> <p><b>10.2 Healthful Living</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Explain the relationship between personal health practices and individual well-being. • immunizations • health examinations</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p><b>Body Systems &amp; Growth and Development</b> (Week 8, 10 Weeks)</p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b></p> <p><b>PA: Grade 3</b></p> <p><b>10.1 Concepts of Health</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Identify and describe the stages of growth and development. • infancy • childhood • adolescence • adulthood • late adulthood</p> <p><b>PA: Grade 6</b></p> <p><b>10.1 Concepts of Health</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes. • education • socioeconomic</p>	<ul style="list-style-type: none"> <li>• Cell</li> <li>• Tissue</li> <li>• Organ</li> <li>• System</li> <li>• Nervous System <ul style="list-style-type: none"> <li>○ Brain</li> <li>○ Nerves</li> <li>○ Neurons</li> <li>○ Parts of the brain (Cerebrum, Cerebellum, medulla)</li> <li>○ Spinal Cord</li> </ul> </li> <li>• Circulatory System <ul style="list-style-type: none"> <li>○ Heart</li> <li>○ Vein</li> <li>○ Artery</li> <li>○ Blood</li> <li>○ Blood Vessel</li> </ul> </li> <li>• Endocrine System <ul style="list-style-type: none"> <li>○ Glands</li> <li>○ Adrenal glands</li> <li>○ Pancreas</li> <li>○ Parathyroids</li> <li>○ Pituitary gland</li> </ul> </li> </ul>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>• Define key terms like cell, tissue, organ, and system.</li> <li>• Identify and label the key organs and function of the listed systems.</li> <li>• Make models, act out, and/or demonstrate how the listed body systems work.</li> <li>• Discuss how we take care of each body system.</li> </ul>

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	<p>Identify and describe the structure and function of the major body systems. • nervous • muscular • integumentary • endocrine • immune</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> <li>○ Reproductive glands</li> <li>○ Thyroid</li> <li>● Immune System <ul style="list-style-type: none"> <li>○ Germs</li> <li>○ Leukocytes (see kidshealth.org)</li> <li>○ White Blood Cells</li> <li>○ Red Blood Cells</li> <li>○ Lymph Nodes</li> </ul> </li> </ul>	
<p><b>X</b> <b>Red Ribbon Week</b> (Week 9, 2 Weeks)</p>	<p><b>PA: Health, Safety &amp; Physical Education (2002)</b> <b>PA: Grade 6</b></p> <hr/> <p><b>10.1 Concepts of Health</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Explain factors that influence childhood and adolescent drug use. • peer influence • body image (e.g., steroids, enhancers) • social acceptance • stress • media influence • decision-making/refusal skills • rules, regulations and laws • consequences</p> <p><b>10.2 Healthful Living</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> <li>● Red Ribbon Week</li> <li>● Drug and Alcohol Awareness</li> </ul>	<p>The student will be able to:</p> <ul style="list-style-type: none"> <li>● State the reason we celebrate Red Ribbon Week.</li> <li>● List and explain reason why we need to avoid drugs and alcohol.</li> </ul>

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<p><b>X Safe Environment</b> (Week 18, 10 Weeks)</p>	<p><b>PA: Health, Safety &amp; Physical Ed</b> <b>PA: Grade 6</b></p> <hr/> <p><b>10.2 Healthful Living</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>B. Explain the relationship between health-related information and consumer choices.</p> <ul style="list-style-type: none"> <li>• dietary guidelines/food selection</li> <li>• sun exposure guidelines/ sunscreen selection</li> </ul> <p>C. Explain the media’s effect on health and safety issues.</p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>E. Analyze environmental factors that impact health.</p> <ul style="list-style-type: none"> <li>• indoor air quality (e.g., second-hand smoke, allergens)</li> <li>• chemicals, metals, gases (e.g., lead, radon, carbon monoxide)</li> <li>• radiation</li> <li>• natural disasters</li> </ul> <p><b>10.3 Safety &amp; Injury Prevention</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>A. Explain and apply safe practices in the home, school and community.</p> <ul style="list-style-type: none"> <li>• emergencies (e.g., fire, natural disasters)</li> <li>• personal safety (e.g., home alone, latch key, harassment)</li> <li>• communication (e.g., telephone, Internet)</li> <li>• violence prevention (e.g., gangs, weapons)</li> </ul> <p>B. Know and apply appropriate emergency responses.</p> <ul style="list-style-type: none"> <li>• basic first aid</li> </ul>	<ul style="list-style-type: none"> <li>• Bullying</li> <li>• Harassment</li> <li>• Relationships</li> <li>• Accidents</li> <li>• Safety <ul style="list-style-type: none"> <li>○ Personal Safety</li> </ul> </li> <li>• Precautionary measures</li> <li>• Sport Safety and Injuries <ul style="list-style-type: none"> <li>○ Wound</li> <li>○ Cut</li> <li>○ Stitches</li> <li>○ Fracture</li> <li>○ Sprain</li> <li>○ Strain</li> <li>○ Bruise</li> <li>○ Abrasion</li> <li>○ Concussion</li> <li>○ Unconscious</li> <li>○ RICE (Rest, Ice, Compression, Elevation)</li> </ul> </li> <li>• Emergency <ul style="list-style-type: none"> <li>○ Recognition</li> <li>○ Choking</li> <li>○ Poison control</li> </ul> </li> </ul>	<p>The students will be able to:</p> <ul style="list-style-type: none"> <li>• Define first aid.</li> <li>• Identify different types of injuries.</li> <li>• Outline appropriate first aid measures for several different types of injuries.</li> <li>• Identify the contents of a first aid kit.</li> <li>• State where you can find the poison control number and when you might need to call it.</li> <li>• Recognize when you or someone else is actually hurt and in need of care.</li> <li>• Define the key words.</li> <li>• Recognize behaviors of bullying and harassment</li> <li>• Appropriate and inappropriate touching</li> <li>• Healthy and unhealthy relationships</li> </ul>

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	<ul style="list-style-type: none"> <li>• Heimlich maneuver</li> <li>• universal precautions</li> </ul> <p>D. Analyze the role of individual responsibility for safety during physical activity.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p><b>X</b> <b>Drugs &amp; Alcohol</b> (Week 28, 10 Weeks)</p>	<p><b>PA: Health, Safety &amp; Physical Ed</b> <b>PA: Grade 3</b></p> <hr/> <p><b>10.1 Concepts of Health</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> <li>• definition of drugs</li> <li>• effects of drugs</li> <li>• proper use of medicine</li> <li>• healthy/unhealthy risk-taking (e.g. inhalant use, smoking)</li> <li>• skills to avoid drugs</li> </ul> <p><b>10.2 Healthful Living</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Identify the steps in a decision-making process.</p> <p><b>PA: Grade 6</b></p> <hr/> <p><b>10.1 Concepts of Health</b> <b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Explain factors that influence childhood and adolescent drug use.</p>	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Drugs</li> <li>• Tobacco</li> <li>• Cigarettes</li> <li>• Cigars</li> <li>• Smokeless Tobacco</li> <li>• Opioids</li> <li>• Effects</li> <li>• Craving</li> <li>• Consequences</li> </ul>	<p>The students will be able to:</p> <ul style="list-style-type: none"> <li>• Define addiction and explain signs of addiction.</li> <li>• Explain the effects of medications, drugs, alcohol and tobacco on our bodies.</li> <li>• Identify consequences of the use of drugs, alcohol and tobacco.</li> </ul>

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	<ul style="list-style-type: none"> <li>• peer influence</li> <li>• body image (e.g., steroids, enhancers)</li> <li>• social acceptance</li> <li>• stress</li> <li>• media influence</li> <li>• decision-making/refusal skills</li> <li>• rules, regulations and laws</li> <li>• consequences</li> </ul>		
	<p><b>10.2 Healthful Living</b></p> <p><b>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</b></p> <p>D. Describe and apply the steps of a decision-making process to health and safety issues</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		