

Full Year 4th Grade Health Preview

Health Curriculum for Grade 4



"This is quick, easy and engaging. I feel I never get around to teaching Health, but this is a game changer!"



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Health Education Today

Ways to Use this Program:

1 Teach in class

2 Teach online

3 Send home as homework

4 A combination of these!



Here is a Sample from the Program:

Feel free to download
and use this free
“Health Task Card” Lesson!





Learning Target: "I will understand the traits of a good friend."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

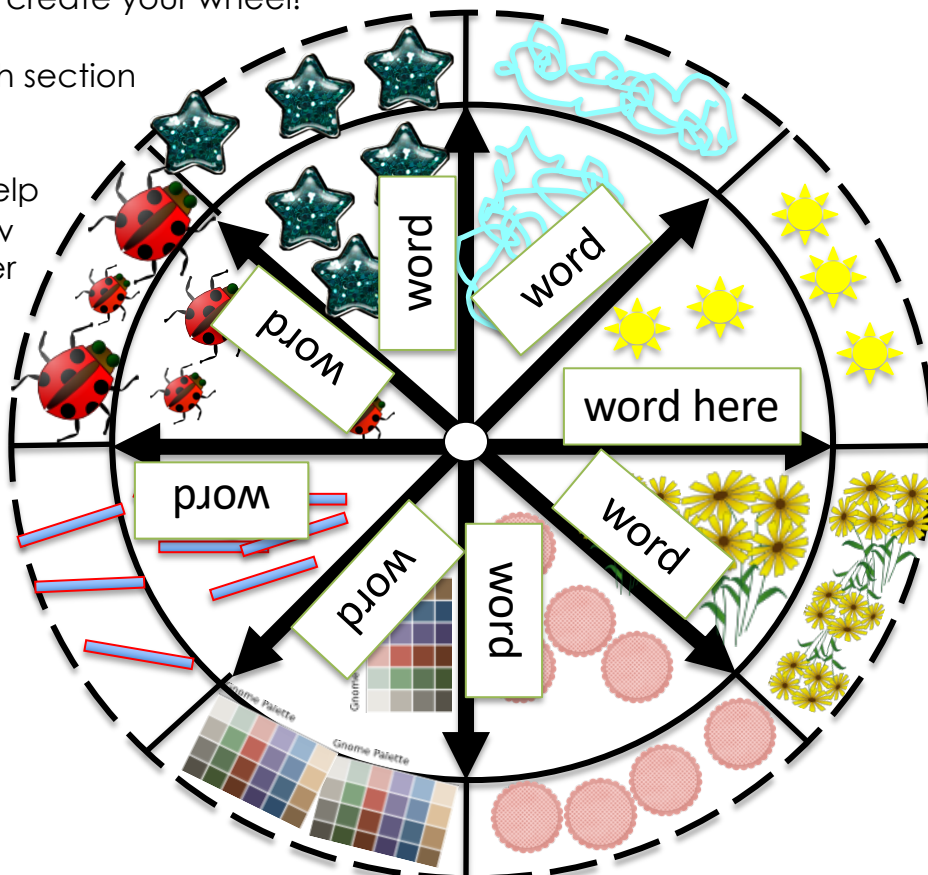
- This Week's Task:** This week we're going to take a close look at friendship and, since relationships with others is one of the most important things in life, what it means to be a good friend!
- Your Task:** Choose 8 traits for being a good friend. (Choose from the list on the backside of this task card, or you can use your own descriptive words.)
- Write your 8 words inside the box on each section on the "Friendship Wheel" on the page attached to this assignment. (See example below.) Cut out the inner wheel with the word boxes on the dotted lines.
- Next, cut out the bigger wheel on the dotted lines.



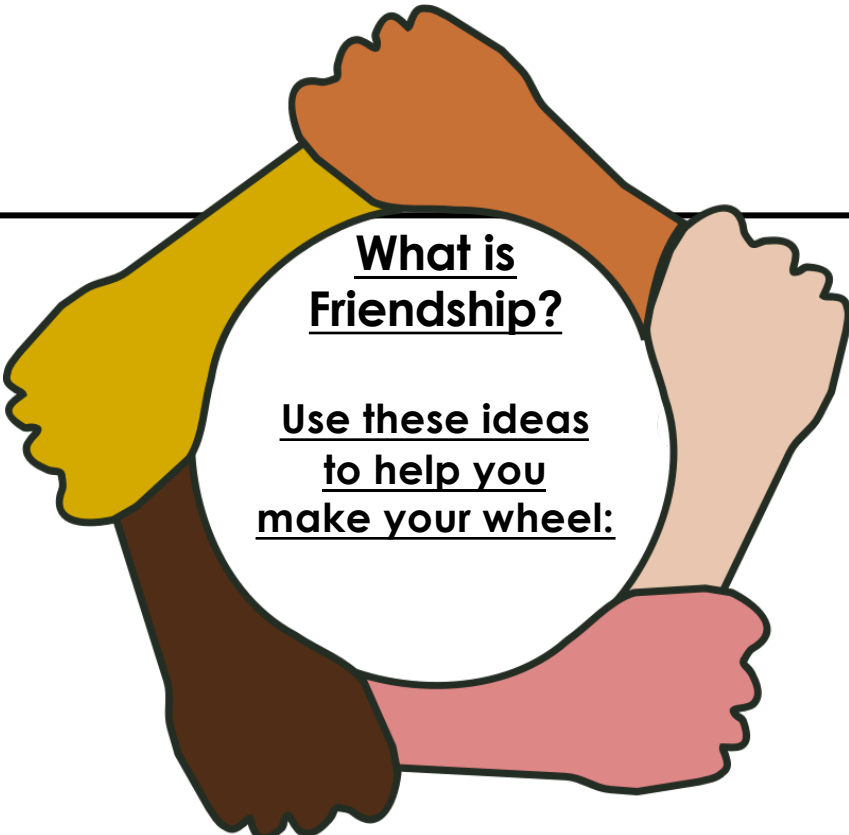
- Last, line up the wheel so the arrows point to the dividing lines for each section on the big circle, and then create your wheel!

Then decorate each section differently.

This example can help you understand how to attach the smaller wheel to the bigger wheel with a brad (or you can use a paper clip bent so the the wheel spins.)



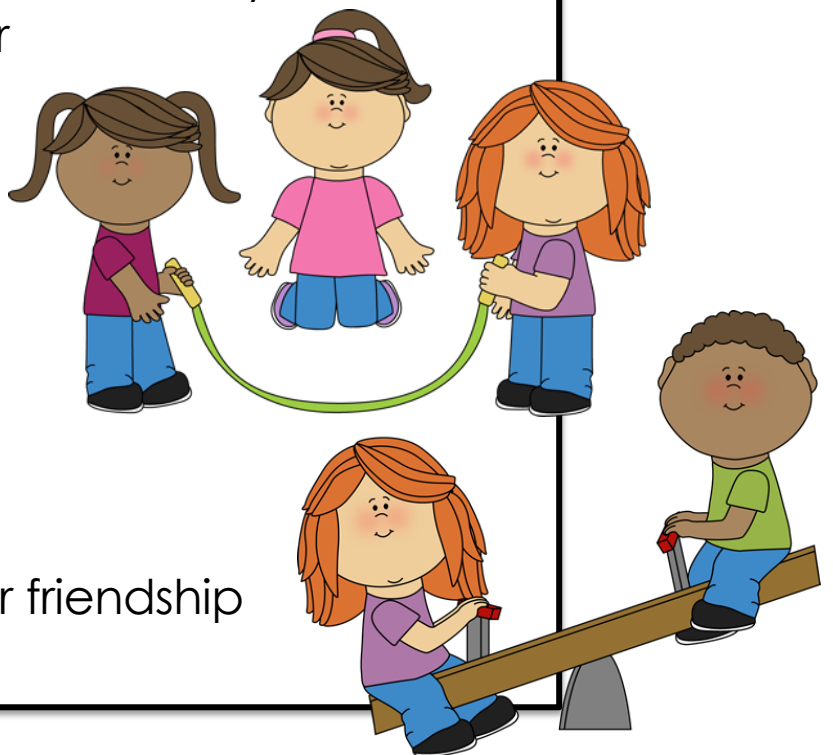
Here is an example of the "Friendship Wheel."



What is Friendship?

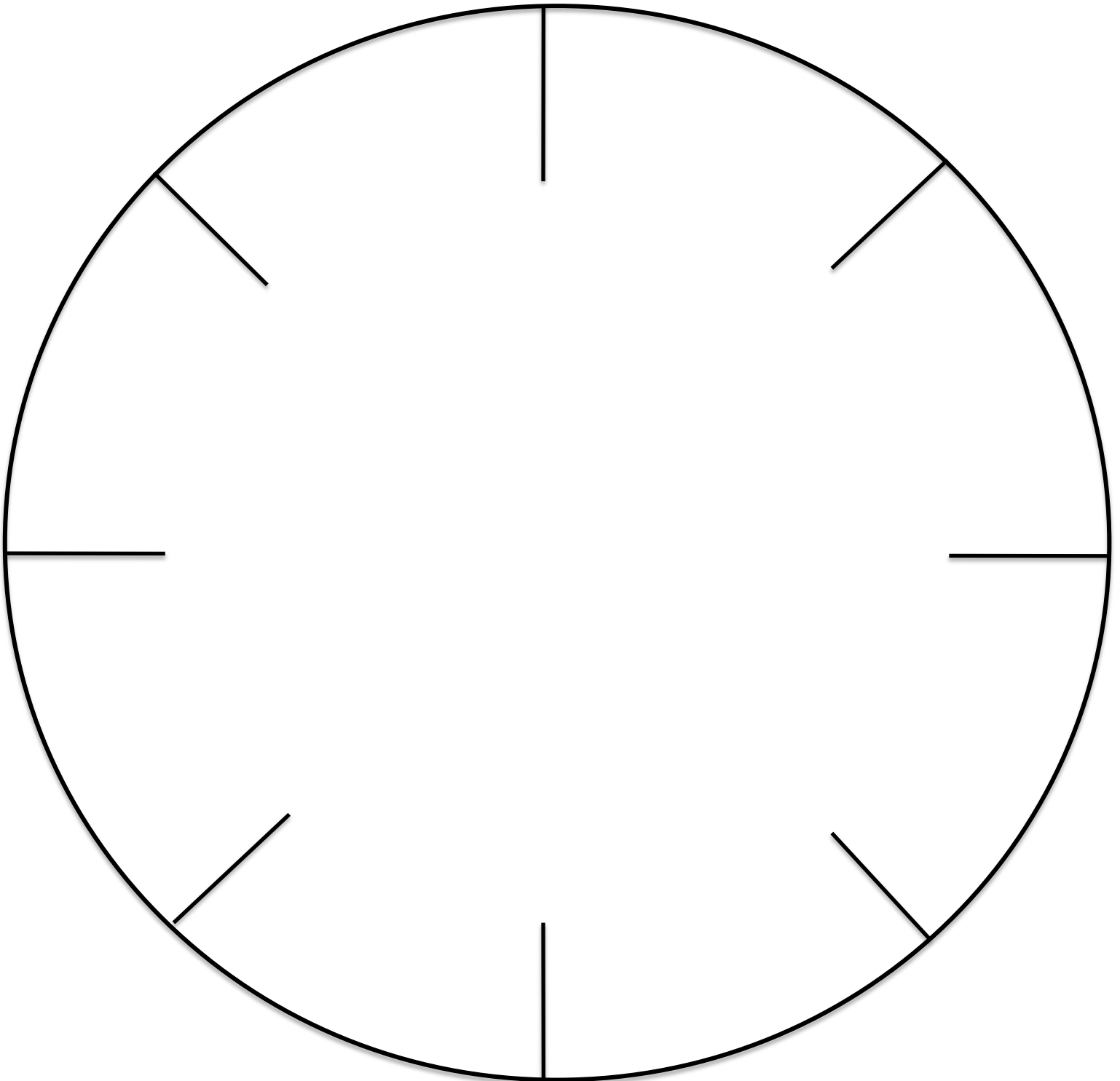
Use these ideas
to help you
make your wheel:

- Spending time together
- Caring
- Sharing
- Having fun
- Respecting each other's differences
- Being loyal
- Sticking up for each other
- Caring for each other's safety
- Be a good listener
- Talk
- Helpful
- No put-downs
- No fighting
- Kind
- Laughing
- Joking
- Sharing secrets
- Trust
- Work to keep your friendship

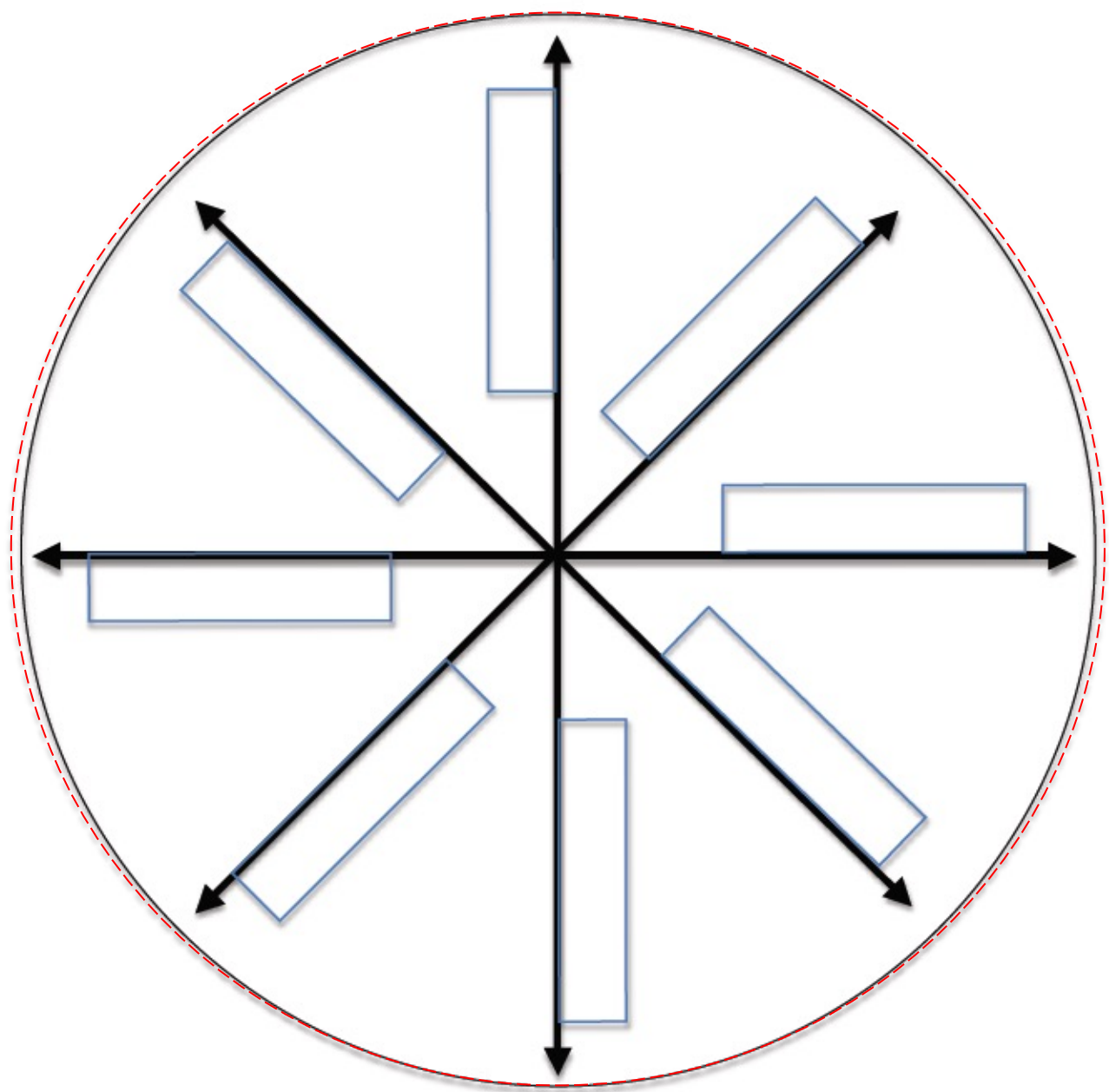


Task#26 Backside: Write 8 "traits of a friendship" words inside the box of each section of the smaller wheel on the next page. Use the list on the back of the task card to choose your 8 words, or make up your own! Cut out the smaller wheel and attach it to this bigger wheel with a brad (or you can use a paper clip bent so the the wheel spins.) Last, line up the wheel so the arrows point to the dividing lines for each section on the big circle, and then decorate each section so someone spinning it will know where to line it up (see example on task card). Use 8 different patterns.

"Friendship Wheel"



Name: _____



**Here are the
“Step-by-Step
Teacher Directions”
that go with
this lesson:**



Week:	Lesson Target/Title:	National Health Standards Met:	Common Core Standard Met:	Washington State Standards Met:	Insert your own State Standards Met:
26	"I will understand the traits of a good friend."	1, 4, 5	Read. I.T. 7	H2.Se6.4b H1.Se6.4 H4.So4.4b	

1. GO OVER TASK CARD #26: Before you hand out the task cards, have students brainstorm as you write on your front board traits for being a good friend. Let them try to come up with some ideas before you show the following videos. Then, have them get out a piece of paper to take notes on any traits of friendship they didn't already say as they watch the videos.

2. Here is a "What Makes a Good Friend Song" video to help students think of ideas: (2:23)
https://www.youtube.com/watch?v=avHdx18pi_U

Another fun video is "Friendship Soup Recipe."
<https://www.youtube.com/watch?v=H7w7yXkJTu0&t=10s>

3. GO OVER "YOUR TASK": Have students make their "Friendship Wheels." The directions are on the task card. Here is a real example of the wheel. Although this is a different assignment about alcohol, the real photo can help you see the end product!

If you wanted to extend the assignment, on the outside of the wheel, students could add some quotes of the actual words they would say for a tip for making a friend.

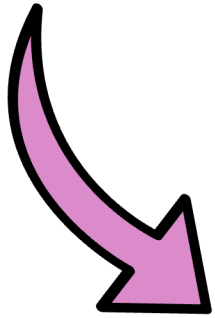
For instance, if they wrote "Being a good listener," a quote might be, "I see you are sad, do you want to talk about it?"

4. EXTRA: This could be really fun. Hand out notecards (or maybe parents could even donate real recipe cards!) and have students make a "Friendship Soup Recipe" like the video they watched.



Post them in a hallway or prominent place in your school!

Teacher Directions are also in task cards “Notes”





Get Healthy! Name: _____ #8

 **Learning Target:** "I will learn how to take care of my bones."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____

This Week's Task: See the backside for a worksheet to fill out.
1. Typically, when parents think about their child's health, they don't think about their bones. But building healthy bones by adopting healthy nutritional and lifestyle habits in childhood is important to help prevent osteoporosis (bone disease) and fractures (broken bones) later in life.²

Get the "Rare Bone" Facts:
Osteoporosis, the disease that causes bones to become "full of holes" and that causes bone breaks, has been called "a pediatric (kid) disease with geriatric (old person) consequences." The reason is that the bone strength you build in childhood and your teen years affects your skeleton for your whole life long!³

Your task: Come up with one good habit that you could have to protect your bones for each of the situations listed on the back. Read the "Bone Up on Bones" tips below or have a family member or classmate help you if you get stuck!



Up to 90% of the bone mass you have is acquired by the age of 18 for girls and 20 for boys! ⁴



Fun Bone Facts:
The adult human body has 206 of them.
There are 26 bones in the human foot.
The human hand, including the wrist, contains 54 bones.
Arms are among the most commonly broken bones. ⁴

Lesson #8 - "I will learn how to take care of my bones."
Slide #57

Materials Needed: None unless you want to have students do the optional life-sized skeletons – then you would need a roll of paper and scissors

National Standards Met: 1, 5
Common Core Standards Met: Read. Lit 4, Writing 2, Lang. 3
Washington State Standards Met:
H1.N2.4
H1.W1.4

My Standards Met:

1. **GO OVER TASK CARD #8:** Discuss bones with your students from the task card front and back. Here are some other sites to help you:

2. Here are two informative websites on bones:

"Kids and Their Bones: A Guide for Parents"
http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Juvenile/default.asp#3

For easy reference and use during presentation!

Full student concepts and directions on task cards

Get Healthy! Name: _____ #15



Learning Target: "I will learn how to relieve stress in healthy ways."

Did you meet the Learning Target? Yes _____ No _____ Undecided _____

Parent/Guardian Signature: _____ Date: _____



This Week's Tasks:

1. Why is stress bad for you?

- Because stress hurts your relationships
- Stress hurts your schoolwork
- Stress hurts your athletic performance
- Stress hurts your activities and getting stuff done

and stress MAKES YOU SICK!



**so they can be
sent home and
completely done as
homework!**

Lessons are editable!

Task#19 Backside: Complete the A – Z sentence as a warning against the harmful affects of tobacco, alcohol, and drugs.

Always _____

Before you _____

Careful. _____

Don't _____

Everyone should know that _____

FOR SAFETY, _____

Gosh, don't you _____

HEY- _____

If you want to be healthy, _____

Just don't _____

Keep _____

Listen- _____

Many _____

Never _____

Oh! You _____

Please _____

Quick- _____

REALLY? _____

Snap! You _____

Try to _____

Unless you _____

Value _____

Whaaat? _____

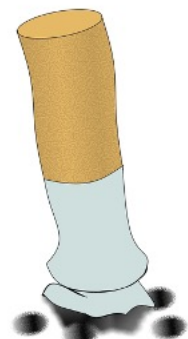
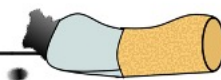
E"X"AMINE YOURSELF! _____

You should never _____

Zero % of _____



Name: _____



Lessons/Tasks are on Google Slides!



NOTE:

Non-Google users can download this Google Slide as a Microsoft PowerPoint (fill-in textboxes stay editable!) then upload to Microsoft Office 365, Teams or other student password protected platform!

127

28 Lessons + Tasks

(and teacher docs like standards and “Learning Targets”)

Each lesson is based on a Learning Target at the top of the task card

Get Healthy! Name: _____		#4	
	Learning Target: "I will learn what the word "wellness" means and why sleep is important."		
Did you meet the Learning Target? Yes _____ No _____ Undecided _____			
Parent/Guardian Signature: _____ Date: _____			
<u>This Week's Tasks:</u>			
1. Do you know what the word "wellness" means? 2. Wellness generally means a <u>healthy balance of the</u> *mind (thoughts, attitude, emotions)			
			

The next slide shows all the lesson topics

Learning Targets for 4th Grade Health:



1. *"I will learn how to eat healthy from all the food groups."*
2. *"I will understand the actual amount in serving sizes."*
3. *"I will learn how to read a food label."*
4. *"I will learn what the word "wellness" means and why sleep is important."*
5. *"I will learn the importance of exercise!"*
6. *"I will understand the 3 keys to a healthy body."*
7. *"I will recognize different body systems."*
8. *"I will learn how to take care of my bones."*
9. *"I will understand why water is important and see if I am getting enough daily."*
10. *"I will learn facts about puberty and the importance of good hygiene."*
11. *"I will learn that I can control my mood, emotions, and attitude!"*
12. *"I will learn about childhood illnesses."*
13. *"I will learn that traits and health issues can be hereditary and that it can be helpful to know what issues are in my own family genetics."*
14. *"I will learn what items should be in a first aid kit and how the specific items can help."*
15. *"I will learn how to relieve stress in healthy ways."*
16. *"I will learn how to protect myself from stranger danger."*
17. *"I will demonstrate that I know the traits of positive self-esteem."*
18. *"I will demonstrate a way to improve self-esteem by practicing positive self-talk at night!"*
19. *"I will learn the dangers of tobacco, alcohol, and drugs and cautions for not using."*
20. *"I will learn positive things to do instead of drugs."*
21. *"I will see how drugs can change kids and teens and cause them to lose their goals and dreams."*
22. *"I will learn how to recognize someone else's emotions by looking at them."*
23. *"I will learn how to calm down and control my anger."*
24. *"I will understand what child abuse is and what to do if it's happening to me."*
25. *"I will learn why put-downs hurt, and I will practice put-ups."*
26. *"I will understand the traits of a good friend."*
27. *"I will learn decision-making skills and how to get out of negative situations in a healthy way."*
28. *"I will review everything I learned this year and choose a positive life slogan."*

¹ Center for Disease Control and Prevention National Health Education Standards.
<http://www.cdc.gov/healthyyouth/sher/standards/>

This program is standards-based:

4th Grade Health Table of Contents

➤ Click lesson title to jump to lesson

Week:	Lesson: (Learning Target Title)	National Standards Met ¹ :	Comm Core Standards Met ² :	State Standards Met ³ :	Your Standards Here:
Nutrition and Wellness: In grade 4, students learn about food groups; and the relationship between eating, exercise, and good health. They will understand that there are "food groups" to help them know how to eat healthy each day. This section also includes the connection between nutrition and exercise. Students also study body systems and bones, and the benefits of water.					
 You can jump down to the lesson by right-clicking on the title, hyperlink, open; OR be in full screen mode to work! Right-click symbol to jump back to "Table of Contents" 					
1	"I will learn how to eat healthy from all the food groups." MAYO CLINIC VERSION	1, 2, 5	Writing 8 Read I.T. 7	H1.N1.4a H1.N1.4b H1.N1.4c* H1.W1.4	State
1a Similar lesson using MyPlate	"I will learn how to eat healthy from all the food groups." MYPLATE VERSION	1, 2, 5	Writing 8 Read I.T. 7	H1.N1.4a H1.N1.4b* H1.N1.4c* H1.W1.4	
2	"I will understand the actual amount in serving sizes."	1, 2, 3, 5	Writing 8 Read. I.T. 7	H1.N3.4 H1.W1.4	
3	"I will learn how to read a food label." National Standards	1, 2, 3, 5	Read. I.T. 7	H1.N2.4 H1.N3.4* H3.N3.4* H1.N5.4a* H1.N5.4b* H1.W1.4 H1.N4.4a*	
4	"I will learn what the word "wellness" means and why sleep is important."	1, 5		H6.N6.4 H1.W1.4	
5	"I will learn the importance of exercise!"	1, 5	Writing 4	H1.N4.4b* H1.W1.4	
6	"I will understand the 3 keys to a healthy body."	1, 5	Writing 3	H1.W1.4 H1.W3.4b*	
7	"I will recognize different body systems."	1, 5	Writing 7 Lang. 3	H1.Se1.4* H1.W1.4	

Common Core

Low-Prep!

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42

43

44

45

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2

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9

1

Perfect for once-a-week lessons!

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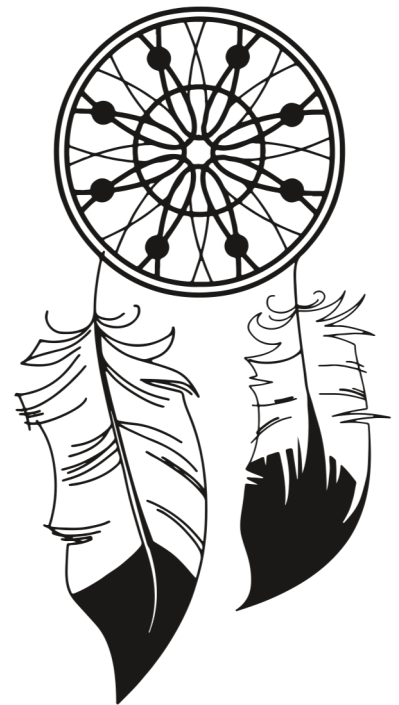
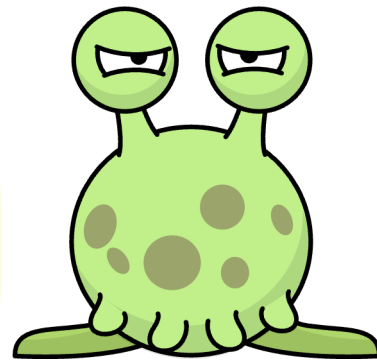
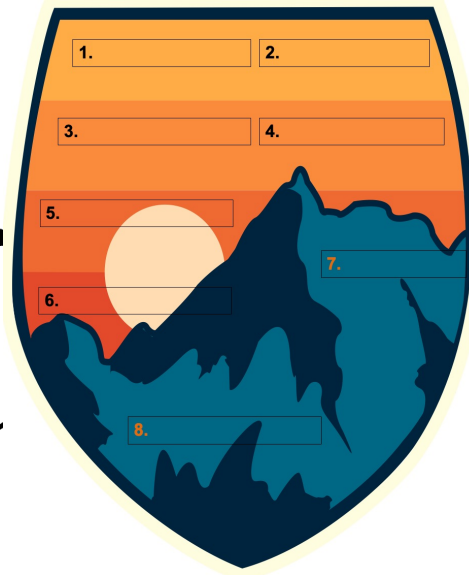
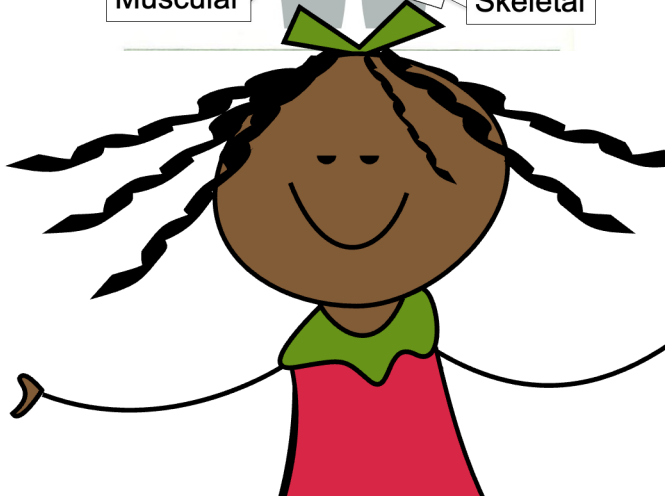
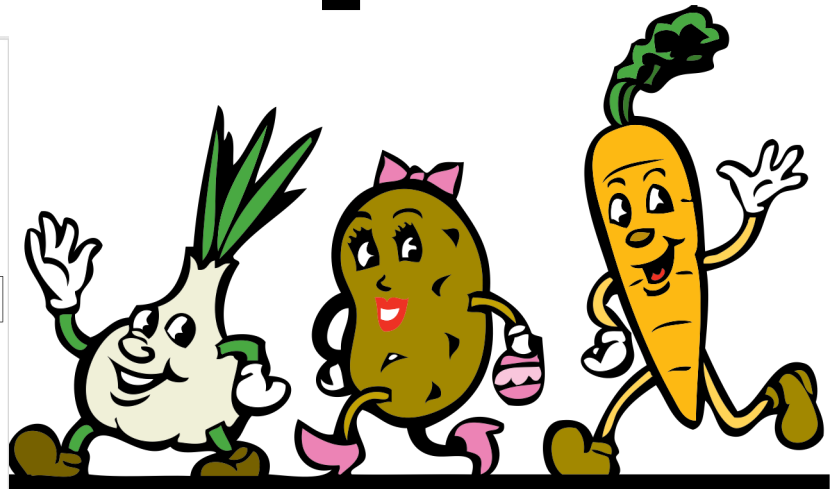
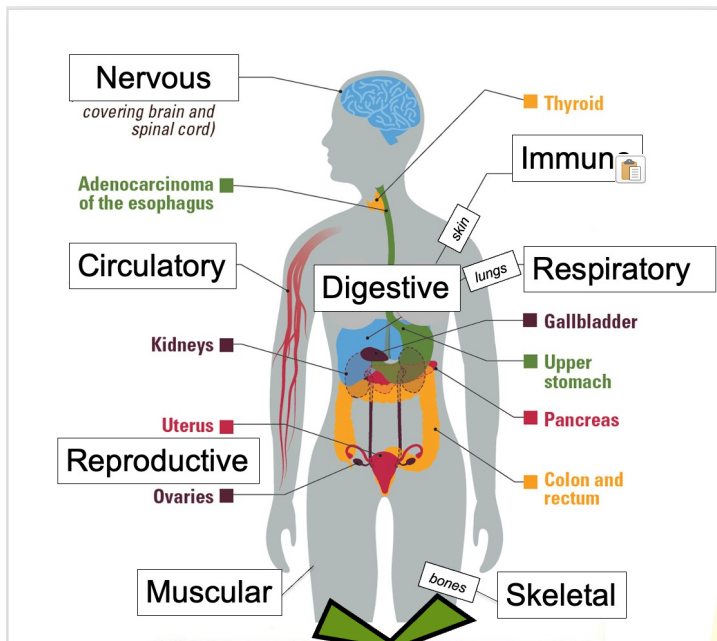
52

53

54

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All New Beautiful Graphics:



Final Assessment and Key Included!

Name: _____

Score: ____/20

Final 4th Grade Health Test:

1. Why is it important to try to eat from all the food groups each day?

2. How much is one serving a fruit or vegetable? Describe it using an object!

3. Why is it important to look at the serving size of something you are eating?

EXTRA: 25 Cooperative Games!

Cooperative/Team Building Games Spreadsheet: Due to copyright violations, I cannot just copy and paste these games on a document. Thus, I did all the research for you and compiled what I thought were **the best cooperative games**. Most of the links below have very detailed instructions AND PHOTOS! If a link is no longer working, (since people do change their websites) try putting the title into a Google search. **NOTE:** This same resource of 25 games is included in each of my 3rd Grade, 4th Grade, and 5th Grade Health Task Cards. Otherwise, those three grade levels of lessons are sequential, and lessons do not repeat from grade to grade!

Have fun helping your student learn more about their social and emotional health! -Mrs. S.

#	Name:	Website:	Description:
1	Mission Impossible	Included in "Games to Print" folder	Super fun game where a team of students uses equipment (or carpet squares) only to cross the gym without touching the ground.
2	Beach Towel Flip with a Healthy Message!	https://guidptg.wordpress.com/2014/06/30/team-building-activity-beach-towel-flip/	Using a plastic shower curtain or table cloth, students write on masking tape a healthy and unhealthy habit-one on each side of curtain. Then they must all stand on the curtain and turn it from unhealthy side up to healthy without stepping off!
3	Team Building Activity: Balloon Tower	https://guidptg.wordpress.com/2014/08/25/team-building-activity-balloon-tower/	Give each team a bag of balloons and a roll of tape. Challenge the teams to make the tallest freestanding tower they can using only the balloons and tape.
4	Perimeter Pass	https://literacyandlattes.com/2016/08/17/team-builders-for-the-classroom/	Students lay on their backs with their feet against the wall. The first student holds a large physio exercise ball against the

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:



Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>

<http://www.cdc.gov/healthyyouth/sher/standards/>

<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>