

Scope and Sequence

Fourth Grade Health

Subject	Grade	9 Weeks	Estimated Time Frame
Health Education	4th	All Year	Ongoing
TEKS / Student Expectations:		Examples / Specifications:	
4.1A Identify the benefits of six major nutrients contained in foods		4.1A Such as carbohydrates give you energy	
4.1B Identify information on menus and food labels		4.1B Classroom discussion using food labels such as identifying calories, serving size, fat and sodium content	
4.1C Differentiate between aerobic and anaerobic exercise		4.1C Classroom discussions such as anaerobic muscle cells must rely on reactions that do not require oxygen for contraction and aerobic requires oxygen and is lower intensity	
4.1D Explain the physical, mental, and social benefits of fitness		4.1D Such as a healthy heart, stress reduction and team bonding	
4.1E Explain how sleep affects academic performance		4.1E Such as losing mental focus and concentration	
4.1F Identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety		4.1F Classroom discussion about ways to incorporate pedometers, exercise logs, and heart rate monitors into lifestyle	
4.2A Describe how health behaviors affect body systems		4.2A Such as poor nutrition could lead to a heart attack	
4.2B Describe the basic function of minor body systems such as the circulatory and digestive systems		4.2B Such as blood flow, carries energy, and helps breathing process	
4.4A Identify the use and abuse of prescription and non-prescription medication such as over-the-counter		4.4A Classroom discussion about taking medication from a doctor and the hazards of taking more than the prescribed amount	

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4.4B Explain the similarities of and the differences between medications and street drugs/substances	4.4B Such as medications are to make you well and other drugs may harm you
4.4C Describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	4.4C Such as lung disease, chronic cough
4.4D Identify ways to avoid drugs and list alternatives for the use of drugs and other substances	4.4D Such as search out friends that do not do drugs and to become involved in a hobby or sport
4.4E Explain how to develop a home-safety and emergency response plan such as fire safety	4.4E Classroom discussion and safety plan such as making a escape route map
4.5A Set personal-health goals for preventing illness	4.5A Such as developing a daily exercise log
Language of Instruction:	Instructional Resources / Textbook Correlations:
	Coordinated School Health Program: <u>SPARK</u> - Healthy Lifestyle Choices (HLC)
External Assessment:	Weblinks / Other Resources: <i>Located Under Resources Tab</i>

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Best Instruction:	Local Assessment: