Kentucky Practical Living

# Grade 4

Adopted 2010

**Personal Wellness (Health Education)**

**Enduring Knowledge - Understandings**

- responsibility to oneself promotes health enhancing behaviors.
- physical, emotional and social changes are normal and each individual is unique in the growth and development process.
- interpersonal skills and strategies can influence social, mental and emotional well-being and affect an individual's relationships.
- culture, media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal health.
- behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.
- positive health habits prevent the spreading of diseases and injuries to self and others.
- self-management and coping strategies can enhance mental and emotional health.

**Skills and Concepts - Personal and Physical Health**

- describe the relationship between personal health behaviors and individual well-being
- explain the characteristics of mental/emotional, social and physical health
- explain and exhibit responsibility to oneself and others
- describe how individual behaviors and choices of diet, exercise and rest affect the body

**Skills and Concepts - Growth and Development**

- explain why growth and development are unique to each individual
- develop an awareness of the interrelatedness of body functions and the impact lifestyle choices has on body systems
- describe physical, social and emotional changes that occur during preadolescence

**Skills and Concepts - Social, Mental and Emotional Health**

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- demonstrate social interaction skills by:<ul><li>using etiquette, politeness, sharing and other social interaction skills</li><li>working and playing collaboratively in large and small groups</li><li>using appropriate means to express needs, wants and feelings</li><li>distinguishing between verbal and nonverbal communication</li><li>describing characteristics needed to be a responsible friend and family member</li><li>identifying social interaction skills that enhance individual health</li></ul>
- describe how goal setting can lead to personal achievement
- identify and describe common social and emotional problems (aggression, anxiety, depression)
- demonstrate the ability to apply a decision-making process to solve health issues and health problems
- identify self-management and coping strategies (goal setting, refusal skills, decision making and time management) that enhance health

**Skills and Concepts - Family Health**

- describe how culture influences personal health behaviors
- describe ways technology and media influences thoughts, feelings and personal health
- explain how family traditions/values impact personal health practices
- explain how information from school and family influences health

**Skills and Concepts - Communicable, Non-Communicable and Chronic Diseases Prevention**

- describe symptoms and treatments of:<ul><li>communicable diseases (cold, strep throat and chicken pox)</li><li>non-communicable diseases (asthma, heart disease, diabetes, skin cancer)</li></ul>
- demonstrate an understanding of how to maintain a healthy body by:
- explaining how body systems work together (e.g., digestive, circulatory and respiratory systems)
- listing body defenses that fight pathogens
- describing ways pathogens from the environment enter the body
- identifying and explaining behaviors that promote personal hygiene (e.g., the use of grooming products) or can affect self and others in the prevention and spread of disease (e.g., hand washing, care of teeth and eyes, covering coughs and sneezes, sun protection)
- describing reasons for regular visits to health care providers

**Skills and Concepts - Alcohol, Tobacco and Other Drugs**

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| | • demonstrate an understanding of the use and misuse of alcohol, tobacco and other drugs:<ul><li>distinguish between the use and misuse of drugs, alcohol and tobacco and identify the effects each use might have on the body</li><li>describe their effects on physical, mental, emotional and social health (e.g., effects on family life) </li></ul> |
| **Nutrition (Health Education)** | **Enduring Knowledge - Understandings**<br>• proper nutrition is essential to growth and development.<br>• nutrients provide energy for daily living.<br>• resources are available to assist in making nutritional choices. |
| | **Skills and Concepts**<br>• explain the role of the digestive system in nutrition<br>• describe the relationship between food choices in staying healthy<br>• explain how to use resources (e.g., Food Guide Pyramid (FGP), Dietary Guidelines for Americans) in making healthful food choices<br>• identify nutrients which are important to growth and development of healthy bodies<br>• identify and explain the nutritional information provided on food labels |
| **Safety (Health Education)** | **Enduring Knowledge - Understandings**<br>• safety practices and procedures help to prevent injuries and provide a safe environment.<br>• community resources are available to assist in hazardous situations. |
| | **Skills and Concepts**<br>• practice safety rules/procedures for crossing streets/highway, riding in cars and on buses and using playground equipment<br>• identify and explain ways to prevent injuries at home and at school (e.g., seat belts, helmets, knee pads, falls, poisonings) in a variety of situations<br>• explain and demonstrate school and home safety procedures (e.g., tornado, fire, earthquake drills)<br>• identify the effects injuries have on the body (e.g., skeletal system, skin, eyes)<br>• identify proper procedures (e.g., calling 911, Heimlich maneuver, stop, drop & roll, apply pressure) for dealing with a variety of emergency situations (e.g., choking, bleeding, burns)<br>• demonstrate awareness of how to avoid danger (e.g., fires, strangers) (e.g., through role plays, discussions, drawing)<br>• identify the available health and safety agencies in a community and the services they provide (e.g., health department, fire department, police, ambulance services) |

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**Psychomotor Skills (Physical Education)**

**Enduring Knowledge - Understandings**

- spatial awareness, motor skills and movement patterns are needed to perform a variety of physical activities.
- movement concepts, principles and strategies apply to the learning and performance of physical activities.

**Skills and Concepts**

- demonstrate a variety of locomotor and combination skills in a movement pattern
- use non-locomotor, locomotor and combination skills to demonstrate movements in creative sequences and in simple patterned dances, games and other activities
- demonstrate a variety of non-locomotor, locomotor and combination skills while participating in different games and sports
- develop manipulative skills of throwing, catching, kicking and striking while developing motor skills (e.g., sliding, running, jumping) for use in games and other activities that lead to more complex games and sports (e.g., basketball, volleyball, soccer, softball)
- demonstrate and explain how movement patterns are influenced by space, force and time
- willingly try new movement and skills

**Lifetime Physical Wellness (Physical Education)**

**Enduring Knowledge - Understandings**

- physical activity provides opportunities for social interaction, challenges and fun.
- participation in regular physical activity has physical, mental and social benefits.
- practice is a basic component for improving sport skills.
- rules impact the effective participation in physical activities.
- personal and social behavior that shows respect to self and others impacts enjoyment and safety in physical activity settings.
- regular participation in health-related, physical activity supports the goals of fitness and a healthier lifestyle throughout life.
- principles and techniques are used to improve physical fitness.

**Skills and Concepts**

- identify likes and dislikes connected with participating in sports and physical activities; explain how physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction
- identify and engage in physical activities that promote physical fitness and health
- describe the potential positive and negative (e.g., injury) effects of regular participation in moderate to vigorous physical activities

participate in daily physical activity during and after school

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- relate the concept of practice to the importance of learning new skills; explain why repeated appropriate practice contributes to increased skill development
- when participating in a variety of physical activities and games:<ul><li>explain basic rules needed to make games fair</li><li>identify the need for rules in social settings and choose appropriate behaviors</li><li>demonstrate cooperation with partners and small groups</li></ul>
- demonstrate and apply the concept of sportsmanship (e.g., complying with rules, responding appropriately) in games, sports and physical activities
- explain how rules of play and sportsmanship for spectators and participants during games or activities can make them safe and enjoyable
- identify and participate in activities to enhance the health related fitness components (e.g., aerobic capacity/cardio-respiratory endurance, muscular endurance, muscular strength and flexibility)
- identify the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance); describe the meaning of F.I.T.T. Principle (Frequency, Intensity, Type, Time)