Nevada Health

Grade 4

Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Personal, Community, and Environmental Health Strand

1 Compare and contrast a variety of healthy practices and behaviors that maintain or improve personal, community, and environmental health. 1.PCE.4.1

2 Differentiate between communicable and noncommunicable diseases. 1.PCE.4.2

3 Assess the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health. 1.PCE.4.3

4 Describe how individuals interact within family structures. 1.PCE.4.4

5 Examine genetics and its relationship to family history and personal health. 1.PCE.4.5

Mental and Emotional Health Strand

1 Identify physical and psychological responses to stressors. 1.ME.4.1

2 Recognize how expression of emotions can vary across individuals and situations. 1.ME.4.2

Nutrition and Physical Activity Strand

1 Identify how each nutrient contributes to a healthy body. 1.NP.4.1

2 Recognize the mental, social, and physical benefits of physical activity. 1.NP.4.2

Substance Use and Abuse Strand

1 Summarize why people use overthe-counter and prescription medications in relation to health promotion and disease prevention. 1.SUA.4.1

2 Relate the positive and negative factors that influence a person's physical, social and emotional health when using alcohol, tobacco, marijuana, and other drugs. 1.SUA.4.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1 Categorize safe and unsafe situations at home, school, and in the community. 1.SIC.4.1

Personal Safety Strand

1 Describe ways personal space of self and others can be violated. 1.PS.4.1

^ Categorize various forms of abuse and ways to get help. 1.PS.4.2

Describe how to report to a safe/trusted adult when you or someone else needs help. 1.PS.4.3

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4 Investigate the hazards and dangers of becoming separated or lost from a parent, guardian, or caregiver. 1.PS.4.4

6 Categorize the advantages and disadvantages of communicating using technology and social media. 1.PS.4.6

Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand

1 Identify the body parts of the human reproductive systems using correct anatomical terms. 1.HRS.4.1

3 Explain that all living things reproduce. 1.HRS.4.3

Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.

Strand

1 Compare how various sources of family, peers, culture, media technology and any other factors influence health behaviors. 2.AF.4.1

Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.

Strand

1 Locate home, school, and community resources that provide reliable health information, products, and services. 3.AI.4.1

Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.

Strand

1 Interpret verbal and nonverbal communication skills to enhance health and to avoid or reduce health risks. 4.IC.4.1

2 Demonstrate refusal skills to avoid or reduce health risks. 4.IC.4.2

Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

Strand

1 Apply the steps of the decision making process to an identified health-related situation to avoid or reduce health risks 5.DM.4.1

2 Predict the potential outcomes of health-related decisions for self and others. 5.DM.4.2

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Formulate short- and longterm health goals. 6.GS.4.1

setting skills to enhance health.	2 Identify resources to assist in achieving a health goal. 6.GS.4.2
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Strand** 1 Develop a variety of healthy practices and behaviors to maintain or improve personal health. 7.SM.4.1 2 Develop a variety of behaviors to avoid or reduce health risks. 7.SM.4.2
Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.	**Strand** 1 Demonstrate advocacy for family members to make positive health choices. 8.AV.4.1