Washington Health and Physical Education

# Health: Grade 4

Adopted 2016

## Wellness

1. **Dimensions of Health**
   4. Identify dimensions of health. H1.W1.4
2. **Hygiene**
   4. Describe personal hygiene needs associated with the onset of puberty. H1.W2.4
3. **Disease Prevention**
   a. List ways to prevent debilitating or life-threatening diseases. H1.W3.4.A
   b. Identify ways to keep the immune system strong. H1.W3.4.B
4. **Analyzing Influences**
   4. Identify how culture influences health decisions and behaviors. H2.W4.4
5. **Access Valid Information**
   4. Investigate validity of health and wellness information, products, and services. H3.W5.4
6. **Communication**
   4. Demonstrate appropriate strategies to manage or resolve conflict. H4.W6.4
   4. Recognize steps to a decision-making model. H5.W6.4
7. **Decision-Making**
   4. Predict potential long-term outcomes of a health-related decision. H5.W7.4
8. **Goal-Setting**
   4. Create a personal health goal and track progress toward achieving it. H6.W8.4

## Safety

1. **Injury Prevention**
   4. Identify ways to prevent injuries in recreational activities. H1.SA1.4
   4. Describe practices and behaviors that promote safety and reduce or prevent injuries. H7.SA1.4

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**First Aid**

a. Describe how to prepare for an emergency. H1.SA2.4.A

b. Understand basic first aid for minor injuries. H1.SA2.4.B

**3. Violence Prevention**

a. Explain how potentially violent situations can be avoided. H1.SA3.4.A

b. Explain importance of communicating and interacting safely when using electronic media. H1.SA3.4.B

4. Identify influences on violence and violence prevention. H2.SA3.4

## Nutrition

**1. Food Groups and Nutrients**

a. Create a balanced daily food plan. H1.N1.4.A

b. Classify nutrients found in foods. H1.N1.4.B

c. Describe how each nutrient contributes to a healthy body. H1.N1.4.C

**2. Beverages**

4. Identify impact of high-sugar and high-caffeine drinks. H1.N2.4

**3. Label Literacy**

4. Explain how to use information found on a Nutrition Facts label. H1.N3.4

4. Compare and contrast Nutrition Facts labels for nutrition information. H3.N3.4

**4. Caloric Intake and Expenditure**

a. Describe why individuals have different caloric needs. H1.N4.4.A

b. Identify ways to balance caloric intake and expenditure. H1.N4.4.B

**5. Disease Prevention**

a. Identify foods that are high in fat and low in fat. H1.N5.4.A

b. Describe benefits and consequences of consuming fats. H1.N5.4.B

c. Describe how vitamins and minerals contribute to disease prevention. H1.N5.4.C

**6. Nutritional Planning**

4. Describe how family, school, community, peers, media, and technology influence food and beverage choices and eating behaviors. H2.N6.4

4. Identify resources that can help achieve a healthy eating goal. H3.N6.4

4. Develop a plan to achieve a healthy eating goal. H6.N6.4

## Sexual Health

**1. Anatomy and Physiology**

4. Label medically accurate names for body parts, including internal and external reproductive anatomy. H1.SE1.4

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**Growth and Development**

a. Understand physical, social, and emotional changes occur during puberty. H1.SE2.4.A

b. Recognize puberty and physical development can vary considerably. H1.SE2.4.B

**3. Reproduction**

4. Understand reproductive organs allow living things to reproduce. H1.SE3.4

**4. HIV Prevention**

4. Understand how communicable diseases are transmitted. H1.SE4.4

**5. Self-Identity**

4. Identify how friends and family can influence ideas regarding gender roles, identity, and expression. H2.SE5.4

4. Demonstrate ways to show respect for all people. H4.SE5.4

4. Define sexual orientation. H1.SE5.4

**6. Healthy Relationships**

4. Describe characteristics of healthy friendships and other relationships. H1.SE6.4

a. Explain importance of communicating with trusted adults about relationships. H2.SE6.4.A

b. Understand ways family, friends, and peers can have a positive or negative influence on relationships. H2.SE6.4.B

4. Demonstrate positive ways to communicate differences of opinion and feelings while maintaining relationships. H4.SE6.4

**Social Emotional Health**

**1. Self-Esteem**

a. Compare and contrast high and low self-esteem. H1.SO1.4.A

b. Understand the connection between self-esteem and healthy decision-making. H1.SO1.4.B

**2. Body Image**

4. Understand influences of family, culture, and media on body image. H2.SO2.4

**3. Stress Management**

a. Explain emotional reactions to stress. H1.SO3.4.A

b. Describe relationship between attitude and stress. H1.SO3.4.B

c. Explain how stress management techniques positively impact health. H1.SO3.4.C

**4. Expressing Emotions**

a. Explain how expression of emotions may impact others. H4.SO4.4.A

b. Understand how to express empathy. H4.SO4.4.B

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**5. Harassment, Intimidation, and Bullying**

4. Compare and contrast bullying, teasing, harassment, and intimidation. H1.SO5.4

4. Demonstrate how to respond appropriately to bullying, harassment, and intimidation. H4.SO5.4

## Substance Use and Abuse

**1. Use and Abuse**

a. Understand differences between medically accurate use and abuse of prescriptions and over-the-counter medicines. H1.SU1.4.A

b. Understand tobacco, alcohol, and marijuana are illegal for minors. H1.SU1.4.B

c. Describe reasons people use tobacco, alcohol, and other drugs. H1.SU1.4.C

4. Identify how peers, media, and technology influence decisions related to tobacco, alcohol, and marijuana. H2.SU1.4

**2. Effects**

4. Describe harmful effects of medicines tobacco, alcohol, and marijuana. H1.SU2.4

**3. Prevention**

4. Describe how to ask for help to avoid situations in which others are using tobacco, alcohol, or marijuana. H4.SU3.4

4. Determine benefits of abstaining from or discontinuing use of tobacco, alcohol, and marijuana. H1.SU3.4