

Scope and Sequence

Content Area: **Health**
Course(s): **Health**
Time Period: **Full Year**
Length: **Length of the Course**
Status: **Published**

Course Overview

The fourth grade Health curriculum begins with an exploration of healthy habits to build toward life-long healthy habits. For mental and emotional health, this exploration includes health and wellness, responsible decision-making, and dealing with emotions. For family and social health, students explore the concepts of managing emotions, healthy family functions, healthy friendships, and dealing with those who are unkind.

The curriculum then moves from social/emotional wellness to physical wellness in units 2 and 3. Unit 2 focuses on the nutritional aspects that are required for physical wellness, including building an understanding of nutrients, MyPyramid, food labels, and healthy food choices. In addition, the units explore food allergies, foodborne illnesses, and maintaining a healthful weight. From a physical wellness standpoint, Unit 3 covers safety in sports and physical activities, preventing injuries, staying safe from violence and weapons, and basic first aid skills. Unit 4 explores health from the perspective of preventing disease by understanding the causes of disease.

Scope and Sequence

| Order of the Unit | Title of the Unit | Time Frame |
|-------------------|--|------------|
| Unit 1 | Mental, Emotional, Family, and Social Health | 10 Weeks |
| Unit 2 | Growth and Nutrition | 11 Weeks |
| Unit 3 | Personal Health and Safety | 10 Weeks |
| Unit 4 | Disease Prevention and Health Conditions | 6 Weeks |

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.