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, MyPryamid, food labels, and healthy food choices. In addition, the units explores 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.