



DRAFT: Essential Academic Learning Requirements
Health and Fitness Grade 4
(36 lessons)

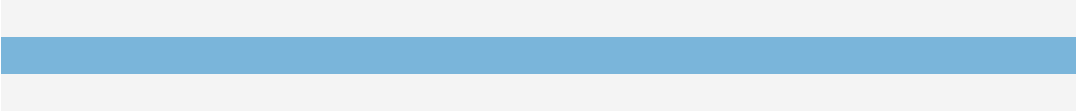
	Grade Level Expectations	Lessons
EALR 2	Understand the structure and function of human body systems	<p><u>The Great Pump</u> Grade 3 Students learn about the cardiovascular system and take each other's pulse.</p> <p><u>Muscles Do the Work</u> Grade 4 Students learn about the muscular system.</p> <p><u>Muscles for Boys and Girls</u> Grade 4 Students learn about the importance of exercise and building up muscular strength.</p> <p><u>Of All the Nerves</u> Grade 7 Students learn the functions of the nervous system and identify the major nerves that stem from the spinal cord.</p>
	Identify hereditary factors that affect growth and development	<p> What It's Like To Be Different (A Sunburst Title) (Video) 16 minutes</p>
	Understand the influence of nutrition on health and growth /development	<p><u>Shopping Smart, 1: Pyramid Power</u> Students use the Food Guide Pyramid to plan healthier eating.</p> <p><u>Shopping Smart, 4: Rate your Plate</u> Students learn that their eating habits are influenced by the portions put in front of them.</p> <p><u>Shopping Smart, 5: Snacks in the Environment</u> Students learn that they can enlist help to ensure that they have more choices for eating healthier snacks.</p>

		<p><u>Eating Smart, 2: We Are What We Eat</u> Students learn the importance of eating a variety of nutritious foods and set goals to achieve that.</p> <p><u>Eating Smart, 3: Portions of Health</u> Students learn that eating "super-sized" portions of food risks their health.</p> <p><u>Eating Smart, 4: Carbs at Work</u> Students explore their own diets and how they've been influenced by their cultures.</p> <p><u>Eating Smart, 5: Snacks</u> Students learn that some snacks are healthier than others, and discuss how to make those judgments.</p>
	Understands the skills that control and prevent non-communicable diseases	<p><u>Shopping Smart, 4: Rate your Plate GRADES 4-6</u> Students learn that their eating habits are influenced by the portions put in front of them.</p> <p><u>Heart Diseases GRADE 3</u> Students perform simulations in which the heart can't do its job because of the effects of smoking or being overweight.</p> <p><u>Lesson 6: Smoking and Chewing GRADE 5</u> This lesson features a simulation to illustrate some of the long-term physiological effects of smoking.</p> <p><u>Vulnerability: Lesson 1, Changing Attitudes</u> In this lesson, students watch a video as a springboard to discussing their attitudes about using tobacco.</p> <p><u>Contributors: Lesson 3, Messages about Tobacco</u> In this lesson, students watch and discuss a video about messages they receive that persuade them to use tobacco..</p> <p><u>Alternatives: Lesson 10, Transfer</u> In this lesson, students reflect on the unit and take steps to transfer the information and skills they've learned to their lives outside the classroom.</p>

	Understand one's right to personal and physical safety	<p><u>Describe appropriate responses to harassment. Teasing and Bullying Grade 4</u></p> <p>Students read a story that encourages them to think about their role when watching someone being teased or bullied.</p>
	Understand abuse and risky situations and demonstrate safe behaviors to prevent injury to self and others at home, school, and in the community	
	Know the sources to ask for help in an emergency or crisis	<p>Severe Weather Video (United Streaming) Severe Weather Safety: Watch for the Warning (18:07)</p> <p>This video contains 7 segments. Note: Write stem questions to fit this video.</p> <p>Description: This program teaches safety procedures for lightning, flash floods, tornadoes, and other high winds</p> <p>Earthquake Safety Video (United Streaming) <u>Title: We Are From...: Turkey</u> (14:11)</p> <p>*Segment : Mr. Earthquake</p> <p>Emergency Numbers to Know:</p> <ul style="list-style-type: none"> • 911 • students' home/cell numbers • neighbors' home/cell numbers <p>First Aid- Choking (United Streaming) Safety and First Aid (18:00)</p>

		 <p>This video contains <u>9 segments</u>.</p>
	<p>Know the differences between harmful and helpful stress; recognize signals of too much stress and when to ask an adult for help.</p>	<p><u>Stress, and What to Do about It</u> Students identify sources of stress and think of ways to relieve the stress.</p>

	Understand the physical and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances	<p><u>Lesson 13: The Refusal Skill™ – Day 1</u> This lesson gives students opportunities to practice The Refusal Skill™ to resist temptations from friends to use tobacco, alcohol, and other drugs.</p> <p><u>Lesson 14: The Refusal Skill™ – Day 2</u> This lesson provides students with opportunities to practice <i>The Refusal Skill™</i> in a variety of situations, with and without pressure.</p> <p><u>Lesson 7: Tobacco, Chew, and You</u> This lesson uses work sheets and a quiz to illustrate the harmful effects of using smokeless tobacco.</p>
EALR 3	Know reliable sources of health information	<p>http://www.everett.k12.wa.us/silverfirs/Search%20Engines (Sample of kid friendly search engines)</p> <p><u>Lesson 18: Just the Facts</u> This lesson features a 16-part story to help students distinguish facts about drugs from myths about drugs.</p>
	Understand the messages about safe and unsafe behaviors	<p><u>Contributors: Lesson 3, Messages about Tobacco</u> In this lesson, students watch and discuss a video about messages they receive that persuade them to use tobacco.</p> <p><u>Contributors: Lesson 4, Countering the Messages</u> In this lesson, students discuss ways to counter messages that try to persuade them to use tobacco, and then act on some of those ways.</p> <p><u>Seat Belts</u> Students review rules about wearing seat belts.</p>
	Applies social skills to keep out of trouble and resist pressure from others	<p><u>The Refusal Skill™</u> Students practice <i>The Refusal Skill™</i> to resist temptations from friends to get into trouble.</p> <p><u>Being Courteous to Avoid Conflict Grade 2 (Review)</u> Students watch a video about resolving conflicts with friends, discuss how to use positive strategies in real-life scenarios, and practice the strategies with their own friends and classmates.</p>

	<p>Knows how to express emotions in healthy ways and form safe and respectful relationships</p>	<p><u>What Happens When You Act on Feelings</u> Students act out scenes to resolve difficult and emotional situations in healthy</p> <p><u>Stress, and What to Do about It</u> Students identify sources of stress and think of ways to relieve the stress.</p>
	<p>Recognize and understand emotions and how they affect decision-making</p>	<p><u>Handling Anger Video</u> (United Streaming) <u>Handling Anger</u> (A Sunburst Title) United Streaming (17:00)</p>  <p>This video contains 5 segments.</p> <p>Extra Resource: <u>Raising Responsible Children</u> (A Sunburst Title) Parent/Child video addresses daily chores and homework</p>