

Student-s Name _____ Course Name Elementary -Comprehensive School Health - (Grade 4)

R - retain, D - delete, C - changed

Outcomes

R D C Changed Outcome

	R	D	C	Changed Outcome
MENTAL HEALTH				
The grade four student will				
1 understand that achieving our personal best enhances self-esteem				
2 recognize the relationship between emotional/social adjustment and physical well-being				
3 understand that boredom may be alleviated through pursuit of self-directed activities				
4 recognize the contribution of recreation to emotional well-being				
5 identify recreational activities: hobbies, physical activity or aesthetic pursuits				
6 understand that television and video games may interfere with social interaction				
7 understand the behaviors associated with jealousy and explore ways to modify them				
8 identify some of the factors which affect our feelings				
9 identify and demonstrate communication skills during group activities				
10 evaluate communication techniques used by self and peers				

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RELATIONSHIPS				
The grade four student will				
1 understand that family structures differ				
2 realize that one-s decisions may affect other people				
3 understand that every right has a corresponding responsibility				
4 understand that adults are responsible for the physical needs of young people				
5 understand the nature of physical abuse				
6 outline the steps to follow in decision making				
7 explain how decisions can have long-term effects				
8 become aware of male-female stereotyping				
9 identify some advantages of similarities and differences in people				
10 identify examples of positive role models and explain their importance				
11 know how to express concern for others in the class				
PHYSICAL GROWTH AND DEVELOPMENT				
The grade four student will				

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1	locate and name the major internal body organs such as : heart, lungs, stomach, uterus, kidneys and liver				
2	explain the concept of body systems				
3	identify the major parts of the digestive system				
4	explain the functions of the digestive system				
5	identify the major parts of the urinary system				
6	explain the functions of the urinary system				
7	recognize that individuals vary in growth rate and that puberty brings on many changes				
8	outline the functions and basic parts of the reproductive system				
NUTRITION					
The grade four student will					
1	understand that nutrients are needed in specific amounts for growth and development from infancy to old age				
2	understand that a variety of foods provide adequate amounts of these nutrients				
3	explain the importance of breast-feeding for infants				
4	be aware of the nutritional value of locally obtained foods such as: berries, game and sea foods				

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5	describe a nutritious lunch or snack				
6	be able to select part foods or Atreats@ that are nutritious				
7	explain the importance of fibre in the diet				
8	describe the relationship between nutrition and well-being				
SELF CARE					
The grade four student will					
1	identify some chronic disorders such as allergies and asthma and some communicable diseases such as colds, flus and AIDS				
2	identify some ways to prevent the spread of communicable diseases				
3	know that the immune system is the body-s defense against disease				
4	understand the purpose of immunization				
5	demonstrate proper hand washing practice				
6	rate personal health habits and practices in relation to caring for oneself				
DENTAL HEALTH					
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1	identify the basic parts of a tooth				
2	describe the basics or oral hygiene				
3	explain the relationship between brushing and flossing, and tooth decay prevention				
4	know the purpose of fluoride in toothpaste				
5	know the sources of fluoride: i.e., water supply, supplements, rinses				
6	understand the role of nutrition in dental health				
7	propose a regime/schedule to promote basic dental health and oral hygiene				
ACTIVE LIVING					
The grade four student will					
1	understand that engaging in sedentary activities may interfere with physical fitness and social development				
2	recognize the interrelationship of physical activity, health practices and fitness				
3	identify some reasons why strength is important for boys and girls				
4	recognize and practice good posture				
5	understand how physical exercise relieves stress				

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6	propose ways to make active living a part of daily life				
INJURY PREVENTION AND SAFETY					
The grade four student will					
1	know first aid procedures for minor cuts, bruises, burns, choking and nosebleeds				
2	demonstrate some basic first aid procedures				
3	understand that resuscitation is a lifesaving procedure				
4	recognize the potential dangers of power lines, fires and explosions				
5	know the emergency phone numbers for the community				
6	know the safety rules which govern such activities as bicycling, rollerblading, skating, ice-fishing, winter camping, riding all-terrain vehicles, using playground equipment and riding in a car				
7	understand that inappropriate clothing may be life threatening in certain weather conditions				
8	understand the necessity of obtaining the latest weather forecast prior to outings				
9	identify safety measures for prolonged exposure to sunlight				
10	examine some potentially dangerous practices in the				

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community and in the school				
11 assess an area of the school for possible injury risks				
DRUG EDUCATION				
The grade four student will				
1 relate the major functions of medicines and the importance of safe use and handling				
2 know that the most reliable sources of prescription drugs are doctors, nurses, and pharmacists				
3 identify some reasons why people use drugs for non-medicinal purposes				
4 recognize that nicotine and caffeine are drugs				
5 identify the reasons why people do or do not smoke				
6 discuss some of the physiological effects of smoking				
7 describe the short term and long term effects of smoking				
8 identify a number of activities to do instead of smoking				
9 outline the effects of environmental tobacco smoke (ETS)				
10 suggest ways to protect oneself from environmental tobacco smoke (ETS)				
11 practice ways to say No to drugs				

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CONSUMER HEALTH				
The grade four student will				
1 recognize the pressures applied through advertising for brand-name health and health-related products				
2 analyze advertisements promoting the use of tobacco products				
3 identify various sources of health-related information				
4 identify some of the factors that influence the selection of health products and services				
5 access the health services in the community				
ENVIRONMENTAL HEALTH				
The grade four student will				
1 recognize the importance of clean air and water for everyday life				
2 recognize the important contribution of sanitation workers				
3 understand the responsibility of governments, communities, families and individuals for maintaining an aesthetic and healthful environment				
4 describe how air and water pollution can be controlled and/or reduced				

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5	recognize the potential health hazards of air and water contamination				
6	create a plan to address an environmental (air or water) issue in the home, school or community				