



Recommended 4th and 5th Grade Curriculum Framework

Content: Health Education – Grades 4 and 5						
Topic: Violence Prevention (Weeks 26-29)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-E-1.8.1 There are effective strategies (e.g., assertiveness, refusal skills) for dealing with peer pressure.</p> <p>PL-E-1.8.2 Stress management includes numerous strategies (e.g., exercising, listening to music, talking to a friend).</p> <p>PL-E-1.8.3 Violence can be prevented by employing strategies (e.g., conflict resolution, walking away, taking deep breaths, counting to 10, talking about feelings).</p> <p>PL-E-1.8.4 Coping strategies (e.g., goal setting, time management, decision-making processes) promote mental and emotional health.</p>	<p>Mental Wellness</p> <p>AE 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Express basic feelings and emotions in a positive way. Recognize that mental and emotional health problems can be treated. Demonstrate techniques for stress management. Recognize the factors that influence self-esteem. Practice interpersonal skills that contribute to healthy relationships and self-esteem. <p>POS-HE-5-20 Analyze situations that cause stress and develop stress management techniques.</p>					



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	<p>POS Develop an awareness of personal rights and responsibilities.</p> <p>POS Develop decision-making strategies.</p> <p>BENCHMARKS Students actively utilize and/or model for others conflict mediation strategies.</p>					