



Recommended 4th and 5th Grade Curriculum Framework

Content: Health Education – Grades 4 and 5						
Topic: Habits and Behaviors (Weeks 7-8)						
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-1.3.2 There are good health and hygiene practices (e.g., handwashing, using tissues, not sharing combs) that affect self and others and assist in preventing the spread of diseases (e.g., colds, influenza) and parasites (e.g., lice)</p> <p>PL-E-1.3.3 There are strategies (e.g., diet exercise, rest, immunization) to promote good health and prevent childhood illnesses and communicable and noncommunicable diseases.</p> <p>PL-E-1.3.4 Young children's health habits and behaviors (e.g., substance use/abuse, dietary and exercise habits) affect physical health.</p>	<p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Explore measures for preventing and controlling disease. • Develop awareness of interrelatedness of body functions and the impact of lifestyle choices on body systems. <p>POS-HE-5-10 Practice good health habits (e.g., washing hands, brushing and flossing teeth, bathing, sun protection, and determine how they affect self and others.</p> <p>CA Select behaviors and make lifestyle choices to prevent or minimize the risk of disease.</p>					



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	<p>BENCHMARKS</p> <p>Students practice good habits of personal grooming and cleanliness.</p> <p>Students describe the importance of regular visits to health care providers (e.g., doctors, dentists).</p>					