

GRADE 3 & 4 HEALTH CURRICULUM MAP

MONTH	CONTENT/TOPIC	ACTIVITY	ASSESSMENT
September	Safety & First Aid Education	Proper footwear for personal safety-students will tie and untie shoes 5 times.	Can they be pulled off/Kick a soccer ball - do they come off
October	Personal Health Practices	Students will be presented with a warm-up routine that will include muscle names and their functions	Teacher observation/question and answer
November	Growth and Development	Introduce the six body systems utilizing the posters that are on the walls throughout the gym.	Question & answer/Observation of activities that demonstrate student knowledge of body system.
December	Emotional & Mental Health	Identify & Introduce character traits and show them how to make good choices.	Constant observation during class throughout the year.
January	Nutrition Education	To be able to identify healthy and nutritious foods. Pantry Raid - collect items, add up calories, fat, sugar . . .	Who has the lowest totals for calories, fat and sugar.
February	Consumer Health	Review the information on food nutrition labels. Challenge students to bring in the information off of the nutrition label from the healthiest food in their house.	Reviewing the challenge sheets they turn in.
March	Disease Prevention & Control	Teach students how to contain their germs so as not to spread infectious diseases. Explain, demonstrate and practice proper way to cover their mouth when coughing & sneezing.	Observation
April	Community Health	Make students aware of 911 and poison control phone # and when they should and should not be used. Give students paper to take home with the numbers.	Return signed info. Sheet.
May	Family Health	Work on listening skills during a game of Simon Says.	Observation
June	Substance Use & Abuse	Discuss appropriate medicines & toiletries that should be in a medicine cabinet. Play a relay game that picks out what should and should not be in the cabinet.	Observation