

CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

Health

Grade 4

Date of Board Approval: **January 19, 2012**

CARLISLE AREA SCHOOL DISTRICT

PLANNED INSTRUCTION COVER PAGE

Title of Course: Health Subject Area: Health Grade Level: Fourth

Course Length: (Semester/Year): Year Duration: 45 minutes Frequency: Once every two 6 day cycles

Prerequisites: Not Applicable Credit: Not Applicable Level: Not Applicable

Course Description/Objectives: The district shall provide for attainment of the academic standards per Chapter 4, Section 4.12. Each student shall demonstrate proficiency in the following area: concepts of health; healthful living; and safety and injury prevention.

Major Text(s)/Resources: None

Curriculum Writing Committee:

Eric Behrenshausen
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Unit: Safety		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.3.6B Know and apply appropriate emergency responses.	<ul style="list-style-type: none"> Emergency action steps: stay calm, check the scene, check the person. Steps in the Heimlich maneuver. How to treat wounds involving blood. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.6B Know and apply appropriate emergency responses.	<ul style="list-style-type: none"> Knowing how to deal with emergency situations keeps us and others safe. Identify an emergency situation which requires action. 		
10.3.6B Know and apply appropriate emergency responses.	<ul style="list-style-type: none"> Illustrate a poster showing the emergency action steps. Demonstrate the Heimlich maneuver. 		
10.3.6B Know and apply appropriate emergency responses.	<ul style="list-style-type: none"> Create a flipchart that depicts the care of wounds involving bleeding. Dramatize an emergency situation and what you would do in that situation. 		

Unit: Drug and Alcohol		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.1.6D Explain factors that influence childhood and adolescent drug use.	<ul style="list-style-type: none"> Know the short term and long term effects of tobacco, alcohol and steroid use on our body. The use of tobacco, alcohol and steroids can change your life by damaging your body. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.6D Explain factors that influence childhood and adolescent drug use.	<ul style="list-style-type: none"> Brainstorm how peers influence our decisions. Identify the health consequences of using tobacco, alcohol, steroids and other drugs. 		
10.1.6D Explain factors that influence childhood and adolescent drug use.	<ul style="list-style-type: none"> Role play various situations using refusal skills. 		
10.2.6C Explain the media's effect on health and safety issues.	<ul style="list-style-type: none"> Identify peer pressure and media as a way to influence our decisions. 		
10.3.6C Describe strategies to avoid or manage conflict and violence.	<ul style="list-style-type: none"> Identify refusal skills. Brainstorm ways to refuse tobacco, alcohol, and other drugs. 		

Unit: Hygiene		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.1.6E Identify health problems that can occur throughout life and describe ways to prevent them.	<ul style="list-style-type: none"> Identify some infectious diseases as colds, flue, chickenpox, AIDS/HIV. Identify some noninfectious diseases as asthma, hay fever, allergies, cancer, and diabetes. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.6E Identify health problems that can occur throughout life and describe ways to prevent them.	<ul style="list-style-type: none"> Infectious diseases can be transferred by contact/exposure. Identify the major parts of the immune system (red blood cells, white blood cells, T-cells). 		
10.1.6E Identify health problems that can occur throughout life and describe ways to prevent them.	<ul style="list-style-type: none"> Classify diseases as infectious or non-infectious. Write about how certain habits can prevent or promote disease (cause/effect). 		
10.1.6E Identify health problems that can occur throughout life and describe ways to prevent them.	<ul style="list-style-type: none"> Read the book “Germs Make Me Sick.” and summarize what you learned about germs. Write a poem depicting the difference between infectious and noninfectious diseases. 		
10.2.6E Analyze environmental factors that impact health.	<ul style="list-style-type: none"> Good hygiene can help prevent some diseases. 		

Unit: Human Body		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.1.6A Describe growth and development change that occur between childhood and adolescence and identify factors that can influence these changes.	<ul style="list-style-type: none"> List ways we can keep our body systems healthy as we grow. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.6B Identify and describe the structure and function of the major body systems.	<ul style="list-style-type: none"> Know the role of various body systems. Define a system as any organized assembly of things that work together to accomplish a goal. 		
10.1.6B Identify and describe the structure and function of the major body systems.	<ul style="list-style-type: none"> The body is made up of parts that have specific functions. Compare and contrast the different body systems. 		
10.1.6B Identify and describe the structure and function of the major body systems.	<ul style="list-style-type: none"> Describe the functions of each system and organ. 		

Unit: Nutrition		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.1.6C Analyze nutritional concepts that impact health.	<ul style="list-style-type: none"> Major nutrients: water, protein, carbohydrates, fat, vitamins, minerals. Determine how body mass index is important to one's health. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.6C Analyze nutritional concepts that impact health.	<ul style="list-style-type: none"> Understanding nutrition helps us make good food choices. Read and explain the information found on a food label. 		
10.1.6C Analyze nutritional concepts that impact health.	<ul style="list-style-type: none"> Identify the six major nutrients and tell how they benefit you. Calculate a body mass index. 		
10.1.6C Analyze nutritional concepts that impact health.	<ul style="list-style-type: none"> Distinguish between a portion and proper serving size. 		

Unit: Fitness/Wellness		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.3.6D Analyze the role of individual responsibility for safety during physical activity.	<ul style="list-style-type: none"> Know the components of a proper work-out. Demonstrate proper stretching and warm-up and cool-down techniques. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.4.6A Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.	<ul style="list-style-type: none"> Effect of sleep on the body. Understanding being physically fit helps us to stay healthy. Identify benefits of sleep. 		
10.4.6B Explain the effects of regular participation in moderate to vigorous physical activities on the body system.	<ul style="list-style-type: none"> Body systems effected by exercise. Identify how exercise relieves stress. 		
10.4.6C Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.	<ul style="list-style-type: none"> Describe how different body systems are impacted by exercise. Determine personal target heart rate. 		
10.4.6D Describe factors that affect childhood physical activity preferences.	<ul style="list-style-type: none"> One's self image can be positive or negative. Making healthy decisions keeps one's self image positive. 		

Unit: Fitness/Wellness		Subject Area: Health	Grade: 4
PA Academic Standards	Performance Indicators	Assessments	
10.4.6D Describe factors that affect childhood physical activity preferences.	<ul style="list-style-type: none"> Explain how positive self-image impacts your health. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.5.6A Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.	<ul style="list-style-type: none"> Components of an exercise plan. 		
10.5.6D Describe and apply the principles of exercise to the components of health-related and skill-related fitness.	<ul style="list-style-type: none"> Components of FITT principle: frequency, intensity, type and time. Develop a fitness plan. 		
10.5.6D Describe and apply the principles of exercise to the components of health-related and skill-related fitness.	<ul style="list-style-type: none"> Identify the components of physical fitness. Apply the FITT principle to your fitness plan. 		

Adaptations/Modifications for Students with I.E.P.s

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

INSTRUCTION CONTENT

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

SETTING

- Preferential seating

METHODS

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

MATERIALS

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)