

### Course Syllabus & Parent Guide

#### Course Description

Elementary Health 4 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, reducing illness, avoiding bullying, nutrition, healthy friendships, emergency situations, and the human body. Fourth grade will study the functioning systems of the body. Fifth grade will be covering the reproductive system, puberty, and STDs.

#### Units & Sections

This course is divided into the following Units and Sections. Each section within a unit can be completed in about one week.

##### SEMESTER 1

###### **Unit 1: What is Health?**

- 1.1 Course Introduction
- 1.2 Dimensions of Health
- 1.3 Physical Health
- 1.4 Goal Setting

###### **Unit 2: Social Health**

- 2.1 Peers & Friendships
- 2.2 Communication & Decisions
- 2.3 Refusal Skills
- 2.4 Conflict Resolutions

###### **Unit 3: Personal Health**

- 3.1 Body Image & Personal Hygiene
- 3.2 Reducing Illness
- 3.3 Drugs & Alcohol
- 3.4 Gangs, Violence & Weapons

###### **Unit 4: Nutrition**

- 4.1 Food Labels
- 4.2 Food Choices
- 4.3 Healthy Snacks
- 4.4 Food Safety

##### SEMESTER 2

###### **Unit 5: Influences on Health**

- 5.1 Influences on Health
- 5.2 Evaluation of Health Sources
- 5.3 Consumer Health
- 5.4 Environmental Health

###### **Unit 6: Safety & Emergencies**

- 6.1 Injury Prevention
- 6.2 Household Safety
- 6.3 Emergency Preparedness
- 6.4 Emergency 911

###### **Unit 7: Avoiding Bullying**

- 7.1 Emotions & Behavior
- 7.2 Personal Boundaries
- 7.3 Trusted Adults
- 7.4 Bullying & Harassment

###### **Unit 8: The Human Body**

- 8.1 Human Life Cycle
- 8.2 Muscle & Skeletal Systems
- 8.3 Digestive & Nervous Systems
- 8.4 Respiratory System

### Course Tasks

Each section has the following tasks:

- **Section Checklist**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz\***—answer questions from the lesson
- **Brain Exercise\***—respond to a health question
- **Assignment\***—section assignment

The items marked with \* should be submitted for a grade.