



HEALTH
FOURTH GRADE
17.00500

Fourth Grade Health Education Standards
17.00500

Students in fourth grade distinguish reliable from unreliable health information and resources. Students' practices and behaviors demonstrate health knowledge and skills. They begin to see the interconnection between body systems. Students critique advertising and various media displays and work with others to improve community health.

HE4.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Fourth grade students will describe healthy behaviors to prevent or reduce their risk of injury and/or illness.

- a. Recognize the relationship between health behavior and disease prevention.
- b. Predict the short and long term effects of health choices on the multiple dimensions of health.
- c. Describe ways to promote a safe and healthy community environment.

HE4.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Fourth grade students will compare and contrast how family and culture influence their personal and family health. Students will recognize negative and positive peer pressure and its influence on health promotion and risk reduction.

- a. Identify the influence of culture on health practices and behaviors.
- b. Describe how the school and community can support personal health practices and behaviors.
- c. Describe how technology and the media can influence personal health.

HE4.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Fourth grade students will identify services that promote healthy living within the school and community.

- a. Recognize the characteristics of valid health information, products, and services.
- b. Summarize the services that school, family, and community provide concerning personal health.

HE4.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Third grade students will use effective verbal and nonverbal communication skills to develop and maintain quality relationships and avoid conflicts

- a. Describe effective negotiation skills to manage or resolve conflict.
- b. Demonstrate skills that communicate care, consideration, and respect of self and others, including those with disabilities

HE4.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Fourth grade students will determine and explain alternatives to promote healthy decisions regarding health-related issues or problems.

- a. Explain a situation that may require a thoughtful health-related decision
- b. Determine when help is needed to make a health-related decision.
- c. Indicate healthy alternatives to health-related issues and problems.
- d. Describe the possible consequences of each option when making a health-related decision.
- e. . Determine a healthy choice when making a decision.

HE4.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Fourth grade students will develop personal goals for positive health and discuss resources for assisting them with their goals.

- a. Develop a personal health goal and identify ways to monitor its progress.
- b. Discuss resources needed to help achieve a personal health goal.

HE4.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Fourth grade students will demonstrate healthy behaviors to prevent injuries, diseases, and disorders.

- a. Practice beneficial health behaviors.
- b. Demonstrate a healthy behavior to improve personal health and wellness.
- c. Demonstrate behaviors to reduce health risks.

HE4.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. Fourth grade students will give sources of valid information about health issues and perform healthy behaviors to encourage others to adopt health-enhancing behaviors.

- a. Provide valid health information about a health issue.
- b. Help others make positive choices.