

Course Name: Grade 4 - Health

Course #: E8402

Course Proficiencies: The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Explain how resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations. 2.1.5.SSH.7

Alcohol, Tobacco, and Other Drugs

- A. Demonstrate effective refusal skills of alcohol, tobacco, and other unhealthy substances. 2.3.5.DSDT.3

Social and Emotional Health

- A. Demonstrate ways to promote dignity and respect for all people. 2.1.5.SSH.3
- B. Define teasing, harassment, and bullying and provide preventative and responsive strategies. 2.1.5.SSH.7
- C. Identify self-management skills in coping with situational issues related to rejection, loss, separation, and/or difficult change. 2.1.5.EH.2

Health Conditions, Diseases and Medicine

- A. Describe how to prevent the spread of communicable and infectious diseases and conditions. 2.3.5.HCDM.2
- B. Understand that safety includes being aware of the environment and how certain situations could lead to injury or illness for yourself and others. 2.3.5.PS.2; 2.3.5.PS.3

Personal Safety

- A. Develop strategies that individuals can use to communicate safely in an online environment. 2.3.5.PS.4
- B. Communicate personal boundaries and demonstrate ways to respect other people's boundaries. 2.3.5.PS.5
- C. Identify different kinds of conflict and know when to get help. 2.3.5.PS.6

Community Health Services and Support

- A. Identify health services and resources available and determine how each assist in addressing needs and emergencies in a school and in the community. 2.1.5.CHSS.1; 2.3.4.DSDT.4