

# Elementary Health 4, Semester 1

**Carone Learning Category:** Foundations

**Subject:** Health

**Recommended Grade Level:** 4<sup>th</sup> Grade

**Course Credit:** One semester\*

**Recommended Pre-Requisites:** None

\*Full year available when combined with Elementary Health 4, Semester 2

## 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.

## Units & Sections

This course is divided into the following Units and Sections.

### 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

## Course Tasks

Each section has the following tasks:

- **Game Plan**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz\***—answer questions from the lesson

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- **Brain Exercise\***—respond to a fitness question
- **Assignment\***—section assignment

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

### **Pacing**

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

### **Parent & Teacher Guides**

Parent and teacher guides available.

### **Materials**

There are no required materials for this course.

### **Technical Requirements**

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word). Free downloadable software is available for each of these.