

Oxford Area School District Health Education Scope and Sequence:

Grades 4-6

10.1.6 A –
Concepts of
Health

- Describe growth and development changes that occur between childhood and adolescence and identity factors that can influence these changes.
- Identify and describe the structure and function of the major body systems.
- Analyze nutritional concepts that impact health
- Explain factors that influence childhood and adolescent drug use.
- Identify health problems that can occur throughout life and describe ways to prevent them

10.2.6
Healthful
Living

- Explain the relationship between personal health practices and individual well-being.
- Explain the relationship between health-related information and consumer choices.
- Explain the media's effect on health and safety issues.
- Describe and apply the steps of a decision making process to health and safety issues.

10.3.6
Safety and
Injury
Prevention

- Explain and apply safe practices in the home, school, and community.
- Know and apply appropriate emergency responses
- Describe strategies to avoid or manage conflict and violence
- Analyze the role of individual responsibility for safety during physical activity.

Health Education				
Big Idea Health concepts are essential for wellness and a health-enhancing lifestyle.				
Essential Question How will I change as I grow from childhood to adolescence? What are the systems of my body and how do they work? How can our health and physical activity be influenced by nutrition? How can drugs affect my life? How can I prevent disease and illnesses?			Standards 10.1.6.A 10.1.6 B 10.1.6.C 10.1.6.D 10.1.6 E	
Concepts	Competencies	Standards	Resources	Assessments
Changes take place between childhood and adolescence	Describe factors (Nutrition/Physical Activity) that impact growth and development changes and the influences (Socioeconomic/Education) of these changes.	10.1.6. A- Describe growth and development changes that occur between childhood and adolescence and indentify factors that can influence these changes.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based
Structure and function of major body systems.	Demonstrate how the body systems work and describe their structure. nervous, muscular, integumentary, urinary, endocrine, reproductive, immune	10.1.6 B- Identify and describe the structure and function of the major body systems.	Science Fusion Kidshealth.org Discovery Ed Ted-Ed	Curriculum Based

<p>Nutritional knowledge may improve our health and better provide energy for a physical active lifestyle.</p>	<p>Identify and analyze nutritional concepts that contribute to healthy living such as: caloric content of foods, relationship of food intake and physical activity (energy output), nutrient requirements, label reading, and healthy food selection.</p>	<p>10.1.6 C – Analyze nutritional concepts that impact health</p>	<p>Science Fusion Discovery Ed Kidshealth.org Ted-Ed</p>	<p>Curriculum Based</p>
<p>Many factors influence drug use.</p>	<p>Recognize long and short term effects of drug use.</p> <p>Identify influences such as peer pressure, stress & media influence body image, decision making, laws/rules and consequences.</p>	<p>10.1.6 D - Explain factors that influence childhood and adolescent drug use.</p>	<p>Science Fusion Discovery Ed Kidshealth.org Ted Ed</p>	<p>Curriculum Based</p>
<p>Diseases can be prevented or eliminated by healthy life choices.</p>	<p>Identify diseases such as cancer, diabetes, and cardiovascular disease.</p> <p>Describe how healthy choices help prevent disease, such as not smoking, maintain healthy weight, eat a balanced diet, and physical activity.</p>	<p>10.1.6.E – Identify health problems that can occur throughout life and describe ways to prevent them.</p>	<p>Science Fusion Discovery Ed Kidshealth.org Ted Ed</p>	<p>Curriculum Based</p>

Vocabulary: Childhood, Adolescence, Growth, Development, Education, Socioeconomic, Structure, Function, Body-System, Cell, Tissue, Organ, Nervous, Muscular, Integumentary, Urinary, Endocrine, Reproductive, Immune, Male Reproductive Anatomy, Female Reproductive Anatomy, Nutrition, Calorie, Nutrients, Fat, Carbohydrate, Water, Minerals, Vitamins, Food Label, Nutrition Facts, Recommended Daily Value, Percent Daily Value, Variety, Balance Selection, Food Groups, Myplate, Dairy, Protein, Grains, Vegetable, Fruit, Drug, Medicine, Peer Pressure, Media Influence, Stress, Body Image, Steroids, Stimulants, Depressants, Inhalants, Risk Behavior, Consequences, Rules, Regulations, Laws, Refusal Skills, Decision Making, Health Problems, Prevention, Disease, Infectious/Noninfectious, Illness, Acute/Chronic Infection, Pathogens/Germs, Allergen, STD, HIV, AIDS, Cancer, Cardiovascular Disease, Diabetes, Abstinence

Health Education				
Big Idea Healthful living is dependent upon personal and social responsibility				
Essential Question How do I keep my body neat, clean, safe and healthy? How can I make good consumer choices regarding my health? How does the environment affect my ability to keep my body neat, clean, safe and healthy?				
Concepts	Competencies	Standards	Resources	Assessments
Health care practices and wellness.	Clarify the importance of immunizations, health examinations and personal hygiene.	10.2.6 A- Explain the relationship between personal health practices and individual well-being.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based
Consumer choices, wellness and healthy living.	Identifying consumer choices such as dietary guidelines, food selection, sun exposure guidelines, and sunscreen selection.	10.2.6 B- Explain the relationship between health-related information and consumer choices.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based
Media sources influence our decisions about health and safety.	Discuss the influence of media on our health and safety decision making.	10.2.6 C- Explain the media's effect on health and safety issues.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based

Decision making process can affect individual health and safety.	Demonstrate the ability to apply the Decision-Making Process to health and safe practices.	10.2.6 D-Describe and apply the steps of a decision-making process to health and safety issues.	Science Fusion Kidshealth.org Discovery Ed Kidshealth.org	Curriculum Based
Environmental factors that impact our health.	Discuss environmental factors impact health such as air and land pollution.	10.2.6 E- Analyze environmental factors that impact health.	Science Fusion Kidshealth.org Discovery Ed Ted-Ed	Curriculum Based
<p>Vocabulary: Wellness, Personal Hygiene, Health Related Information, Consumer Choice, Health Practices, Prevention, Immunization, Health Examination, Health Guidelines, Media Influence, Facts, Reliable Sources, Decision Making-Process, Environmental Health, Pollution, Natural Disaster, Poisoning</p>				

Health Education				
Big Idea Safety impacts individual and community well-being				
Essential Question What are some safe practices one can use at home, school and community? What are some appropriate responses when facing an emergency? What are some strategies to manage conflict and prevent violence? What are some safe practices one can use to avoid injury during physical activities?			Standards 10.3.6, A 10.3.6, B 10.3.6, C 10.3.6, D	
Concepts	Competencies	Standards	Resources	Assessments
Use safe practices to keep you from getting hurt in your home, at school and in your community.	Demonstrate how to use good choices and actions (safe practices) with various emergencies, personal safety, and communication and violence prevention.	10.3.6, A – Explain and apply safe practices in the home, school and community.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based
Use safe practices in an emergency situation.	Describe and apply emergency responses that involve basic first aid, universal precautions and helping a choking victim.	10.3.6, B – Know and apply appropriate emergency responses.	Science Fusion Kidshealth.org Discovery Education Ted-Ed	Curriculum Based

<p>Use safe practice strategies to avoid or resolve conflict situations.</p>	<p>Demonstrate how to use good choices and actions (safe practices strategies) such as anger management, peer mediation, reflective listening and negotiation.</p>	<p>10.3.6, C – Describe strategies to avoid or manage conflict and violence.</p>	<p>Science Fusion Kidshealth.org Discovery Education Ted-Ed</p>	<p>Curriculum Based</p>
<p>Safe practices need to be applied in physical activity settings.</p>	<p>Examine the role of individual responsibility in physical activity settings.</p>	<p>10.3.6, D - Analyze the role of individual responsibility for safety during physical activity.</p>	<p>Science Fusion Kidshealth.org Discovery Education Ted-Ed</p>	<p>Curriculum Based</p>
<p>Vocabulary: Safety, Injury Prevention, Hazard, Risk Behavior, Prevention, Safe Practices, Danger, Emergencies, Personal Safety, Phone/Internet Safety, Emergency Response Plans, First Aid, Chocking, Heimlich Maneuver, Universal Precaution, Violence Prevention, Weapons, Gangs, Bullying, Anti-Bullying, Conflict Management, Decision Making-Process, Assertive</p>				