

**Springfield Public Schools**  
**K-5 HEALTH**

**4<sup>th</sup> Grade**  
**MAJOR INSTRUCTIONAL GOALS**

The intent of the Springfield R-12 Health Program is:

- 1) The students will develop an understanding of basic structure and functions of the human body systems. (HPE1; 3.3, 4.7)
  - A. Identify the parts of the female and male reproductive systems.
  - B. State personal hygiene needs during puberty.
  - C. Locate major organs (heart, liver, stomach, small intestine, kidneys and brain) in the body using diagrams and models.
  - D. Identify the principle function of major organs of the human body (heart, liver, stomach, small intestine, large intestine, kidneys and brain).
  
- 2) The student will develop an understanding of health behaviors and services offered by community agencies and health professionals which will lead to and promote a healthy lifestyle. (HPE2, 6; 1.4, 1.7, 3.8)
  - A. Identify and locate reliable sources for health information.
  - B. Show how advertising influences the use of health products and services.
  - C. Relate what can be learned from reading food labels.
  - D. Discuss the effects of advertisement on food choices.
  
- 3) The student will develop an understanding of personal health behavior which will lead to and promote nutrition. (HPE2, 6; 3.8, 4.7)
  - A. Compare nutrients and their function.
  - B. Identify foods from the five basic food groups.
  - C. Explain the importance of a diet that is balanced according to the nutrient content of foods.
  
- 4) The student will develop an awareness of nutrition and will recognize the relationships among nutritional needs, food choices and a healthy lifestyle. (HPE 2, 6; 1.5, 3.2, 4.7)
  - A. Describe benefits of healthy nutritional habits.
  - B. List responsible health choices and describe how they prevent future health problems.
  - C. Discuss irresponsible health choices and explain the adverse effects they have upon health.

- 5) The student will develop an understanding of various types of disease. (HPE3, 5; 2.1, 4.7)
  - A. Recognize infectious diseases and non-infectious diseases.
  - B. Describe health behaviors that prevent disease.
  - C. Identify negative health behaviors and describe their effects on the body.
  - D. Understands the AIDS virus attacks the immune system.
  
- 6) The student will develop an awareness of mental health practices that will foster positive personal health. (HPE2; 2.3, 3.2, 3.3, 4.7)
  - A. Recognize characteristics which help people feel good about themselves.
  - B. Discuss how to make wise decisions through the problem solving process.
  - C. Summarize that personal decisions can affect others.
  - D. Explain healthy ways to deal with emotions and conflict.
  - E. Understand the importance of good self image.
  - F. Identify that families change and discuss ways to adjust to change.
  
- 7) The student will develop an understanding of personal health behaviors which will lead to and promote a healthy lifestyle. (HPE 6, 7; 1.5, 4.1, 4.7)
  - A. Review safety rules to use in response to strangers.
  - B. Restate home, school and bus safety rules.
  - C. Apply proper emergency procedures for fire and tornado emergencies.
  - D. Determine safety precautions to be used when home alone.
  
- 8) The student will develop an understanding of issues, needs, and problems facing individuals and society. (HPE6; 3.6, 4.3, 4.6, 4.7)
  - A. List ways in which daily living patterns protect or damage the environment (air, water, and land).
  - B. Describe the effects, problems and solutions of pollution on humans, plants and animals.
  
- 9) The student will develop an understanding of the risks involved in substance misuse. (HPE5; 3.2, 3.3, 3.6, 3.8, 4.6, 4.7)
  - A. Relate how medicine can be misused.
  - B. List ways caffeine, tobacco and inhalants can harm the body.
  - C. Relate that alcohol, tobacco and other drugs are illegal and against school rules.
  - D. Tell how second hand smoke can be harmful.
  - E. Give examples of how to say no to drugs.
  - F. Identify negative peer pressure.
  - G. Discuss why a trusted grown-up should give medicine.
  - H. Define side effects as it relates to drugs.
  - I. Discuss why the effects of drugs can vary from person to person.