

**Elementary School Health Education
Course: Health Grade 4**

Personal and Consumer Health Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Information, Products, and Services	<ul style="list-style-type: none"> Identify the health services available in the school and community
2	Information, Products, and Services	<ul style="list-style-type: none"> Analyze various media messages for valid health information; identify advertising techniques used in different media sources to sell health products

Safety, First Aid, and Injury Prevention Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Harassment Day 1	<ul style="list-style-type: none"> Define harassment, discuss the effects of harassment on personal well-being.
2	Harassment Day 2	<ul style="list-style-type: none"> Identify strategies to respond.
3	Abuse Day 1	<ul style="list-style-type: none"> Identify abuse and assault as a form of violence
4	Abuse Day 2	<ul style="list-style-type: none"> Lesson taught by school counselor - Identify threatening situations and create a list of trusted people and resources (including cyberbullying)
5	Abuse Day 3	<ul style="list-style-type: none"> Identify threatening situations and create a list of trusted people and resources

Mental and Emotional Health Unit		
Lesson Number	Lesson Topic	Lesson Objective
1	Emotions	<ul style="list-style-type: none"> Describe how emotions influence behaviors
2	Character Traits	<ul style="list-style-type: none"> Utilize strategies to demonstrate care, consideration, and respect for others
3	Stress	<ul style="list-style-type: none"> Recognize the factors associated with stress experienced in the community
4	Wellness	<ul style="list-style-type: none"> Summarize the components that promote personal well-being

As of 1/2023, there are three units in grade 4 health education. Grade 4 health education curriculum is currently under HCPS review for alignment to MSDE Comprehensive Health Education Framework.