



4th Grade SEL/Health Curriculum

Trimester #1 (September - December)

Unit Description

Standards

Topics: Self Awareness/Self-Management

Description: : Students gain skills to help themselves start to recognize their feelings and thoughts and learn to understand how those influence their behaviors. They will also start to learn to regulate and cope with their emotions as well as motivate themselves throughout the day.

SEL 1A.2a, 1A.2b

Physical Development & Health 24A.C, 22D.C

Topic: Social Awareness/ Relationship Skills/Bullying

Description: Students will learn the importance of how we promote kindness and equity and how we value and treat others, especially others who may be different from us. They will start to develop interpersonal skills needed to establish and maintain positive relationships.

SEL 1A.2a, 2A.2a, 2A.2b,
2C.2a, 2D.2a, 2D.2b

Trimester #2 (December - March)

Topic: Body Systems

Description: Students will continue to learn more about the body systems with an emphasis on the Circulatory and Respiratory Systems. They will learn about their functions, parts and how they interact with the rest of the body systems. They will also learn how they can keep their Circulatory and Respiratory systems healthy.

Physical Development & Health 23A.E 23A.F

Topic: Nutrition

Description: Students will learn why it is important to eat a variety of foods, how to read the Nutrition Label on foods and why they are important.

Physical Development & Health 22A.2b, 22B.2a,
23B.2a

Trimester #3 (March - June)

Topic: Puberty - TAUGHT BY THE CANDOR HEALTH EDUCATION PROGRAM

This SEL infused class is taught through age-appropriate scenarios and is designed to help students understand puberty.

Physical Development & Health 23C.2a, 23C.D,
24B.E

Topic: Hygiene

Students will begin to understand how hygiene relates to good health and human body systems, their functions, and factors that influence the growth and development of body systems.

Topic: Responsible Decision Making

Description: Responsible Decision-Making helps students demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

Topic: Safety/Child Protection

Description: Students will learn important safety rules, such as never touching guns, sharp tools, and fire, as well as safety when riding on wheels or in cars. They will also learn ways to help them decide if something is safe or not. Students will learn about safe, unsafe, and unwanted touches such as hitting, pinching, kicking, etc., and rules about touching body parts that are covered with a swimsuit. They'll also learn how to be assertive by practicing ways to ask an adult for help and tell an adult about any unsafe situation.

SEL 2D.2a, 2D.2b, 3A.2a, 3A.2b, 3B.2a, 3B.2b, 3C.2a

Physical Development & Health 24C.E 22D.D