Grade 4 Health Standards and Benchmarks

Standard 1
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of Grade 4
1. Describe the relationship between healthy behaviors and well-being
2. Identify relationships between dimensions of well-being
3. Practice and support others in choosing healthy behaviors
4. Identify factors in the school and community that promote well-being
5. Describe and practice ways to prevent common childhood injuries.
6. Advocate/promote when and how it is important to seek to health care
7. Describe the basic structure and functions of the human body systems

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of Grade 4
1. Discuss various resources for accessing health information
2. Locate resources from home, school and community that provide health information

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of Grade 4
1. Identify and practice a variety of healthy practices and behaviors to maintain or improve personal health
2. Identify a variety of behaviors that avoid or reduce health risks

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of Grade 4
1. Identify the influence of culture on health practices and behaviors
2. Discuss media influences on thoughts, feelings and health behaviors
3. Describe what the school does to support personal health practices and behaviors

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of Grade 4
1. Demonstrate effective verbal and nonverbal communication skills to enhance health.
2. Accurately interpret non-verbal communications
3. Discuss refusal skills to avoid or reduce health risks
4. Discuss non-violent strategies to manage or resolve conflict
5. Discuss how to ask for assistance to enhance personal health
6. Demonstrate healthy ways to express needs, wants & feelings
7. Demonstrate ways to communicate care, consideration and respect of self and others
Standard 6
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.

By the end of Grade 4
1. Apply health information and a decision making process to a health related issue
2. Evaluate sources of health information
3. Apply the goal setting process to enhance health
4. Analyze the effectiveness of the goal setting process to enhance health

Standard 7
Students will demonstrate the ability to advocate for personal, family and community health.

By the end of Grade 4
1. Share information about health issues
2. Practice encouraging others to make positive health choices
3. Identify community agencies that advocate for healthy individuals, families and communities