

THE GREAT BODY SHOP

GRADE 4 TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety	Nutrition	Functions of the Body	Growth & Development/ The Cycle of Family Life	Disease and Illness Prevention (Including HIV)
<ul style="list-style-type: none"> • Safety hazards • Things that hurt your body • Common sense • Taking responsibility • Dangerous vs. harmless • Making safe decisions • Types of abuse • Right to privacy • Sharing with a trusted adult • Predicting consequences of not telling • Practicing refusal and communication skills 	<ul style="list-style-type: none"> • Digestive process • Calories • Energy and nutrients • Responsibility for eating and exercise • Meal planning • Aesthetic and sensory preferences • Refusal skills • Eating disorders • Food groups • Influences on food choices • Nutritional goal setting 	<ul style="list-style-type: none"> • About the heart, lungs, bones, muscles, digestion, endocrine and immune system • Teeth and dental care • Smiling • Mouth structure • Dental products • Dental professionals • Function and care of the ear • Responsible behavior • Hearing problems • Showing kindness and patience • Using sign language 	<ul style="list-style-type: none"> • Hormones and body changes • Meaning of growing up physically and emotionally • Managing strong emotions • Practicing good hygiene • Setting goals • Value of keeping clean • Personal strengths and challenges • Decision-making • Cosmetics and hygiene products • The role of nutrition in growth and development 	<ul style="list-style-type: none"> • Identifying a virus • Bacteria • Fungi • Hygiene routines • Illness prevention • Immune system and HIV • Decision-making for healthy behavior • Unhealthy risks <ul style="list-style-type: none"> • Transmission of germs • Disease and the community • Hepatitis, HIV, and other illnesses
<p align="center">Substance Abuse Prevention</p>	<p align="center">Community Health & Safety (With Violence Prevention)</p>	<p align="center">Self Worth, Mental and Emotional Health</p>	<p align="center">Environmental and Consumer Health</p>	<p align="center">Physical Fitness</p>
<ul style="list-style-type: none"> • Effects of smoking • Difficulty of changing habits • Addictions: physical and psychological • Advertising and influences on behavior • Second-hand smoke • Identify drugs and effects • Value of being drug-free • Drug/HIV link • Refusal skills • Finding resources for help • Developmental assets 	<ul style="list-style-type: none"> • Community safety laws and regulations • Resolving conflicts peacefully • Different forms of violence and triggers • Decision-making steps for group tactics to avoid violence • Personal goals for community safety • Efforts to discourage drugs • Harassment and bully prevention • Relationships • Influences on health choices 	<ul style="list-style-type: none"> • Media, peer and behavioral influences • Grief and loss • Emotions • Body image and health habits • Respect for self and others • Communication skills • Goal setting • Social, emotional learning skills • Making healthful decisions • Developmental assets • Understanding points of view • Character development 	<ul style="list-style-type: none"> • Influences on health • Types of pollution • Environmental health • Reducing air and noise pollution • Health care professionals and their services • Food, hygiene and cosmetic products • Product labels • Buying habits • Second-hand smoke • Advocating for personal, family and community health 	<ul style="list-style-type: none"> • Muscular system • Defining physical fitness • Benefits of exercise • Practicing various forms of exercise and injury avoidance routines • Setting goals for exercise and fitness • Relationship between exercise and physical fitness • Self worth and stress reduction • Types of physical activities • Fitness pyramid

