

Wellness 4th Grade

WE.4.1.01	identify responsible health behaviors to avoid the spread of contagious diseases.	
	<ul style="list-style-type: none"> • Health behaviors 	Knowledge
	<ul style="list-style-type: none"> • Contagious diseases 	Knowledge
	<ul style="list-style-type: none"> • Identify responsible health behaviors 	Reasoning
WE.4.1.02	identify health problems that are common in the school setting.	
	<ul style="list-style-type: none"> • Health problems that are common in a school setting 	Knowledge
	<ul style="list-style-type: none"> • Identify common health problems 	Reasoning
WE.4.1.03	describe major organs of the circulatory, respiratory, nervous, endocrine systems of the human body.	
	Major organs of the circulatory system	Knowledge
	<ul style="list-style-type: none"> • Major organs of the respiratory system 	Knowledge
	<ul style="list-style-type: none"> • Major organs of the nervous system 	Knowledge
	<ul style="list-style-type: none"> • Major organs of the endocrine system 	Knowledge
	<ul style="list-style-type: none"> • Describe major organs of the human body 	Reasoning
WE.4.1.04	describe the harmful effects of too much sun exposure and what steps can be used to reduce exposure.	
	<ul style="list-style-type: none"> • Harmful effects of too much sun 	Knowledge
	<ul style="list-style-type: none"> • What steps can be used to reduce exposure 	Reasoning
WE.4.1.05	cite examples of improper use, misuse and abuse of drugs (e.g. alcohol, tobacco, OTC).	
	<ul style="list-style-type: none"> • Improper use of drugs 	Knowledge
	<ul style="list-style-type: none"> • Improper misuse of drugs 	Knowledge
	<ul style="list-style-type: none"> • Improper abuse of drugs 	Knowledge
	<ul style="list-style-type: none"> • Cite examples of improper use, misuse, and abuse of drugs 	Reasoning
WE.4.1.06	identify and demonstrate at least 3 physical activities of moderate to vigorous intensity that one can do outside of school environment for most if not all days of the week.	

WE.4.2.01	recommend specific resources in the community from which to seek health care, health information, and health enhancing activities.	
WE.4.2.02	explain whom the media is trying to influence with health related products advertised on TV (or through other media).	
WE.4.3.01	discuss the use and misuse of drugs (alcohol, tobacco, caffeine, over-the-counter and prescription drugs).	
WE.4.3.02	define risk-taking behaviors (e.g., ATOD, nonuse of protective equipment) and their consequences.	
WE.4.3.03	meet the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM, excluding Body Mass Compositon.	
WE.4.3.04	identify personal strengths and weaknesses of the health-related fitness components from the FITNESSGRAM, excluding Body Mass Compositon	
WE.4.3.05	match fitness assessment items to the appropriate fitness component.	
WE.4.3.06	identify the characteristics of activities needed to maintain health-related fitness.	
WE.4.3.07	identify the components of the F.I.T.T. principle of exercise: frequency, intensity, time, and type.	
WE.4.3.08	develop and practice a personal hygiene plan.	
WE.4.3.09	work cooperatively, productively and safely with a partner or small group.	
WE.4.3.10	recognize and accept individual differences in others (e.g. skills, appearance, gender).	
WE.4.4.01	analyze menus from culturally different restaurants for nutritional value.	
WE.4.4.02	discuss examples of food advertising and their influences on personal health.	
WE.4.4.03	select and discuss TV programs that exemplify healthy family relationships.	
WE.4.4.04	explore technology to examine risks involved in not using appropriate safety skills and equipment for recreational purposes (e.g., bike riding, helmet use).	
WE.4.4.05	Plan a balanced meal using proper nutrition guides (e.g.,	

	Food Guide Pyramid for Children).	
WE.4.5.01	while moving, dribble and kick an object.	
WE.4.5.02	continuously strike an object using a racquet.	
WE.4.5.03	strike, toss, catch objects using long-handled implements (e.g., bats, clubs, sticks).	
WE.4.5.04	combine traveling, balancing, and rolling actions with a change in level, direction or speed.	
WE.4.5.05	volley an object to self	
WE.4.5.06	jump a single rope continuously.	
WE.4.5.07	demonstrate strategies for chasing, fleeing, and evading.	
WE.4.5.08	perform simple sequences in time to music.	
WE.4.6.01	demonstrate critical elements or components for the kick, catch, throw, dribble with hands, and jumping/landing.	
WE.4.6.02	demonstrate one critical element or component for dribbling with feet, striking with racquets, and striking, tossing, catching with long-handled implements (e.g., bats, sticks, clubs).	
WE.4.6.03	use critical elements or component terminology to provide feedback to others.	
WE.4.6.04	use appropriate practice to improve performance.	