

4th Grade American Online School

HEALTH EDUCATION CURRICULUM

Caring for Body, Mind, and Safety

Version May/2025

1. Introduction

The Role of Art Education in 4th Grade

The 4th Grade Health curriculum helps students develop foundational understanding of how to care for their physical, mental, and emotional well-being. Through engaging lessons on body systems, hygiene, safety, and emotional resilience, students learn to take responsibility for their health, respect their bodies, and make safe, informed choices.

By the end of this course, students will:

- ✓ **Demonstrate personal hygiene practices that promote health.**
- ✓ **Understand how physical activity and nutrition support wellness.**
- ✓ **Identify strategies for managing stress, emotions, and relationships.**
- ✓ **Recognize safety rules at home, school, and in digital environments.**
- ✓ **Develop respect for self and others in health-related decisions.**

2. Core Competence Areas

HE.1 Dental and Personal Hygiene

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Explain the importance of dental and body hygiene.
- ✓ Demonstrate proper brushing, flossing, and self-care routines.
- ✓ Understand how germs spread and how to prevent illness.

Competencies

HE.1.A.1 – Practicing consistent hygiene routines.

- Explain cavity prevention and demonstrate effective brushing techniques.
- Recognize the importance of handwashing, clean clothes, and daily routines.

HE.1.A.2 – Connecting hygiene to health and confidence.

- Explore how self-care habits affect social comfort and self-image.
 - Create personal hygiene checklists and reflect in a health journal.
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HE.2 Physical Fitness and Body Awareness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Describe how exercise, nutrition, and sleep affect energy and growth.
- ✓ Identify the major food groups and balanced meal choices.
- ✓ Recognize the connection between physical activity and emotional health.

Competencies

HE.2.A.1 – Understanding the needs of the growing body.

- Explore the effects of physical activity on the heart, muscles, and brain.
- Log physical activity and hydration for a week.

HE.2.A.2 – Making informed choices about food and sleep.

- Use food labels to analyze meals.
 - Create a "My Healthy Day" poster showing rest, movement, and meals.
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HE.3 Mental Fitness and Emotional Regulation

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Name common emotions and express them in appropriate ways.**
- ✓ **Recognize stress signals and calming techniques.**
- ✓ **Develop strategies for resolving conflicts and building friendships.**

Competencies

HE.3.A.1 – Building emotional literacy and resilience.

- Create emotion maps and learn “feelings vocabulary.”
- Practice breathing, journaling, and movement to manage emotions.

HE.3.A.2 – Strengthening communication and empathy.

- Use “I” statements to express needs.
 - Role-play peer conflicts and respectful resolution techniques.
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HE.4 Safety and Injury Prevention

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Identify potential hazards in home, school, and public settings.**
- ✓ **Apply basic first aid steps for common injuries.**
- ✓ **Demonstrate how to respond to emergency situations.**

Competencies

HE.4.A.1 – Practicing situational awareness and personal responsibility.

- Create “Safety Scenarios” for classroom simulation (e.g., fire, stranger, bike safety).
- Learn how to seek help and when to use emergency services.

HE.4.A.2 – Using digital devices responsibly.

- Recognize online safety rules for games, apps, and websites.
 - Discuss healthy screen time limits and posture when using devices.
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3. Assessment and Evaluation

Formative Assessments – Habits and Reflection

- ✓ Hygiene logs and peer checklists.
- ✓ Food group sort activities.
- ✓ Emotion wheel drawings.

Summative Assessments – Projects and Simulations

- ✓ “My Healthy Day” Collage.
- ✓ First Aid Demonstration.
- ✓ Digital Citizenship Quiz.

Authentic Assessment – Application and Expression

- ✓ Personal Wellness Plan.
 - ✓ Class Health Fair Booth.
 - ✓ Peer feedback on teamwork and scenario participation.
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4. Instructional Strategies for Online Learning

Routine Integration and Modeling

- ✓ Begin with mindfulness or movement check-ins.
- ✓ Use real-life routines and scenarios to build connection.

Inquiry and Personal Connection

- ✓ Encourage reflection through journals, skits, and storytelling.
- ✓ Use student questions to drive discussion on health choices.

Multimedia and Exploration Tools

- ✓ Use MyPlate.gov, interactive hygiene games, and digital wellness infographics.
- ✓ Watch educational videos and pause for class discussion.

Learning Culture

- ✓ Promote respect, openness, and privacy in sensitive topics.
- ✓ Normalize questions and diversity in physical, emotional, and digital wellness.
- ✓ Celebrate small wins and support improvement with compassion.

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