

SCOPE AND SEQUENCE
4th Grade Health

	<u># of Days</u>
Orientation	1
Health Wrap – Up	1
Unit A:	
Chapter 1: Mental, Emotional Family and Social Health	
A Plan for Good Health	1
Good Character and Your Health	1
Responsible Decisions	1
Your Self Concept	1
Expressing Emotions	1
Reducing Stress	1
Review and Assessment	
Chapter 2: Family and Social Health	
Lesson 1: Your Relationships	1
Lesson 2: Managing your Emotions	1
Lesson 3: How a Healthful Family Functions	1
Lesson 4: How Family’s Change	1
Lesson 5: Healthful Friendships	1
Lesson 6: When others are unkind	1
Unit B: Body Systems	
Chapter 3: Growth and Development	
Lesson 1: Your Body Systems	1
Lesson 2: Bones muscles and skin	1
Lesson 3: Your body systems	1
Lesson 4: The stages of the Life Cycle	1
Lesson 5: Your Future Growth	1
Review and Assessment	1
Unit C: Drugs and Alcohol	
Chapter 7: Alcohol, Tobacco and Other Drugs	
Lesson 1: Safe Drug Use	1
Lesson 2: Alcohol and Health	1
Lesson 3: Tobacco and Health	1
Lesson 4: Drug Use	1
Lesson 5: Stay Drug Free	1
Review and Assessment	1
Unit D: Communicable Diseases	
Chapter 8: Communicable and Chronic Diseases	
Lesson 1: Disease that Spread	1
Lesson 2: The Body’s Defense	1
Lesson 3: Treating Disease	1
Lesson 4: Chronic Diseases	1
Lesson 5: Heart Disease	1

Lesson 6: Cancer	1
Review and Assessment	1

Total	36
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