

Course Description

Grade 4 Health (taught by guidance counselor)

Philosophy Statement: God's Word states that our bodies are a temple in which His Spirit dwells. Health education consists of health knowledge, personal health awareness, and the skills to apply healthful living strategies. Students are taught to develop goals and plans which enables them to honor God by caring for His temple. Through the study of a Bible-based view of health, each student will develop a better appreciation of the body, mind, and spirit that God has given them.

Course Description: Health class helps students discover the multiple aspects of puberty to include areas of physical health, physical changes, mental and emotional changes, social changes, hygiene and self care.

Textbooks: NA

Materials: DVD – Just around the Corner – for Girls
DVD – Just Around the Corner – for Boys
Comprehensive outline with parent copies
Personal hygiene gifts

Time Allotment: 90 minutes, one time

Course Content:

Students will acquire health knowledge and develop awareness by...

- Understanding essential concepts about puberty
- Identifying physical changes that occur during puberty
- Identifying emotional changes that occur during puberty
- Identifying social changes that occur during puberty

Students will demonstrate ability to practice health-enhancing behaviors and reduce health risks by...

- Understanding essential concepts about puberty
- Identifying physical changes that occur during puberty
- Identifying emotional changes that occur during puberty
- Identifying social changes that occur during puberty

Areas to be evaluated: NA

Additional activities:

- Parent Meeting
- Question and answer session