

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS		RESPONSIBILITY				CHAPTER UNIT AND LESSONS / ADDITIONAL RESOURCES
		Teacher	PE	Couns	Nurse	
4.10C	describe strategies for self-control and the importance of dealing with emotions appropriately and how they affect thoughts and behaviors	X	X	X		Your Needs and Feelings <u>Harcourt Health and Fitness</u> Chapter 10 Lesson 1: Learning About Yourself pp. 248-251
4.11B	explain the advantages of setting short and long-term goals	X	X			<u>Harcourt Health and Fitness</u> Chapter 10 Lesson 2: We All Have Needs pp. 252-255  <u>Harcourt Be Active</u> Lesson 13: Catch 5 and Move pp. 55-56 Lesson 20: Football Jump pp. 69-70  <u>MyPyramid for Kids</u> TeamNutrition.USDA.GOV Lesson 3  United Streaming <a href="#">Don't Stop Before You Get Started</a> (18:43)
4.10B	describe healthy ways of responding to disrespectful behavior;	X	X			<u>Harcourt Health and Fitness</u> Chapter 10 Lesson 3: We All Have Feelings pp. 256-259
4.10C	describe strategies for self-control and the importance of dealing with emotions appropriately and how they affect thoughts and behaviors	X	X			United Streaming <a href="#">Respect: Give It, Get It (A Sunburst Title)</a>
4.9A	describe the qualities of a good friend	X				<u>Harcourt Health and Fitness</u> Chapter 10 Lesson 4: The Challenge of Friendship pp. 260-265
4.9B	explain steps in conflict resolution	X	X			<u>Harcourt Be Active</u> Lesson 8: Master Blaster pp. 45-46 Lesson 12: Sink The Ship pp. 53-54 Lesson 16: Flying Disk Horse Shoes pp. 61-62  United Streaming <a href="#">Respect Yourself and Others, Too (A Sunburst Title)</a> (17:00)

4.9C	explain the importance of refusal skills and why the influence of negative peer pressure and the media should be resisted	X				
4.9D	demonstrate healthy ways of gaining attention	X	X			
4.10A	demonstrate consideration when communicating with individuals who communicate in unique ways such as someone having a speech defect, someone not speaking English, or someone being deaf	X		X		
4.10B	describe healthy ways of responding to disrespectful behavior	X		X		Continuation: Your Needs and Feelings <u>Harcourt Health and Fitness</u> Chapter 10 Lesson 4: The Challenge of Friendship pp. 260-265  United Streaming <a href="#">Peacemakers: Dealing with Anger /Cool, Calm, and Collected</a>
4.10C	describe strategies for self-control and the importance of dealing with emotions appropriately and how they affect thoughts and behaviors	X		X		
4.9A	describe the qualities of a good friend	X		X		<u>Harcourt Health and Fitness</u> Chapter 10 Lesson 5: Working With Others pp. 268-272
4.9D	demonstrate healthy ways of gaining attention	X	X			<u>Harcourt Be Active</u> Lesson 72: Modifying Games pp. 173-174
4.10A	demonstrate consideration when communicating with individuals who communicate in unique ways such as someone having a speech defect, someone not speaking English, or someone being deaf	X		X		
4.8A	explain the influence of peer pressure on an individual's social and emotional health	X		X		<u>Harcourt Health and Fitness</u> Chapter 10 Lesson 6: Dealing With Peer Pressure pp. 274-276  United Streaming <a href="#">How to Say No (A Sunburst Title)</a> (25:00)

4.9A	describe the qualities of a good friend	X				
4.9C	explain the importance of refusal skills and why the influence of negative peer pressure and the media should be resisted	X				
4.11D	explain the dangers of yielding to peer pressures by assessing risks/consequences	X		X		Continuation: Your Needs and Feelings <u>Harcourt Health and Fitness</u> Chapter 10 Lesson 6: Dealing With Peer Pressure pp. 274-276
4.1F	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety;	X	X			Guarding Against Disease: <u>Harcourt Health and Fitness</u> Chapter 7 Lesson 1: Why People Become Ill pp. 158-160
4.5C	discuss ways in which prevention and transmission of disease are affected by individual behaviors;	X			X	United Streaming <a href="#">Magic School Bus: Inside Ralphie</a>
4.5D	distinguish between communicable and noncommunicable diseases	X			X	<u>MyPyramid for Kids</u> Level 2: Lesson 2 TeamNutrion.USDA.GOV  <u>Harcourt Be Active</u> Lesson 10: Knock-Down Rally pp. 49-50
4.2A	describe how health behaviors affect body systems	X	X			<u>Harcourt Health and Fitness</u> Chapter 7 Lesson 2: Communicable Diseases pp. 162-165
4.5B	identify different pathogens and explain how the body protects itself from pathogens such as viruses, bacteria, and fungi	X				<u>Harcourt Be Active</u> Lesson 59: Monitoring Your Heart Rate pp. 147-148
4.5C	discuss ways in which prevention and transmission of disease are affected by individual behaviors;	X			X	United Streaming: <a href="#">H.I.D.E. and S.E.E.K.! Eight Strategies to Prevent the Spread of Infections</a>
4.7B	describe ways technology can influence health	X			X	<a href="#">HIV and AIDS: Staying Safe</a>

4.5C	discuss ways in which prevention and transmission of disease are affected by individual behaviors	X			X	
4.6A	identify similarities in which healthy environments can be promoted in homes, schools, and communities	X	X			
4.7B	describe ways technology can influence health	X			X	
4.1F	identify importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X	X			<u>Harcourt Health and Fitness</u> Chapter 7 Lesson 4: Noncommunicable Diseases pp. 174-179
4.2A	describe how health behaviors affect body systems	X	X			United Streaming <a href="#">Food Smarts: My Pyramid For Kids</a>
4.3B	describe the importance of accessing health information through a variety of health resources	X				CATCH <u>4<sup>th</sup> Grade Workbook</u> Session 7 Handout 9
4.5A	set personal health goals for preventing illness	X	X			United Streaming <a href="#">Exercise: Feel Good, Think Sharp, Look Your Best</a>
4.5D	distinguish between communicable and noncommunicable diseases	X	X			

4.7A	explain how the media can influence health behaviors	X	X			Continuation: <u>Guarding Against Disease:</u> <u>Harcourt Health and Fitness</u> Chapter 7 Lesson 4: Noncommunicable Diseases pp. 174-179
4.7B	describe ways technology can influence health	X	X			
4.1D	explain the physical, mental, and social benefits of fitness	X	X			<u>Harcourt Health and Fitness</u> Chapter 7 Lesson 5: Live a Healthful Lifestyle pp. 180-182
4.1F	identify importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X	X			<u>Harcourt Be Active</u> Lesson 6: Multiball Basketball pp. 41-42 Lesson 63: Activity, Inactivity, and Your Health pp.155-156
4.3B	describe the importance of accessing health information through a variety of health resources	X				CATCH Session 3 and Handout 5 Session 7 and Handout 9
4.4C	describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	X				United Streaming <a href="#">Why Exercise?</a> <a href="#">Food and Nutrition 2</a> <a href="#">Set Your Own Goals</a>
4.5A	set personal health goals for preventing illness	X	X			
4.5C	discuss ways in which prevention and transmission of disease are affected by individual behaviors	X				
4.6A	identify similarities in which healthy environments can be promoted in homes, schools and communities	X				Continuation: <u>Guarding Against Disease:</u> <u>Harcourt Health and Fitness</u> Chapter 7 Lesson 5: Live a Healthful Lifestyle
4.11B	explain the advantages of setting short and long-term goals	X				CATCH <u>P.A.S.T. Diabetes</u> Session 1

4.1D	explain the physical, social, and mental benefits of fitness	X	X			<p><b>Body Systems at Work</b></p> <p><u>Harcourt Health and Fitness</u> Chapter 1 Lesson : You Are Growing pp. 4-9</p> <p><u>Harcourt Be Active</u> Lesson 58: Principles of Good Posture pp.145-146 Lesson 59: Monitoring Your heart Rate pp. 147-148 Lesson 60: Measuring Fitness pp. 149-150 Lesson 62: Food Calories, and Activities pp. 153-154</p> <p>United Streaming <a href="#">Set Your Own Goals</a></p> <p><u>MyPyramid For Kids</u> Goal Setting Worksheet TeamNutrition.USDA.GOV</p> <p><b>Continuation: Body Systems at Work</b></p> <p><u>Harcourt Health and Fitness</u> Chapter 1 Lesson 2: The Brain and Nervous System pp. 12-14</p> <p>United Streaming <a href="#">Inside Story With Slim Goodbody, The Smart Parts: The story of Your Brain and Nervous System</a></p> <p><u>Harcourt Be Active</u> Lesson 64: Exercise For Stress Relief pp. 157-158 Lesson 67: Your Muscles and Bones pp. 163-164 Lesson 75: Keep Tying! pp. 178-180 Lesson 77: Equipment Safety pp. 183-184 Lesson 78: Choose Proper Clothing and Shoes pp. 185-186 Lesson 79: Safe Cycling and Skating pp. 187-188 Lesson 81: Reduce Exercise Hazards pp. 191-192</p>
4.2A	describe how health behaviors affect body systems	X	X			
4.3B	describe the importance of accessing health information through a variety of health resources	X				
4.5A	set personal-health goals for preventing illness	X	X			
4.7B	describe ways technology can influence health	X				
4.9E	identify critical issues that should be discussed with parents/trusted adults such as puberty, harassment, and emotions	X		X	X	
4.11B	explain the advantage of setting short and long-term goals	X	X			
4.1F	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X	X			
4.2A	describe how health behaviors affect body systems	X	X			
4.4F	identify strategies for avoiding deliberate and accidental injuries such as gang violence and accidents at school and home	X	X			
4.5A	set personal-health goals for preventing illness	X	X			
4.11B	explain the advantages for setting short and long-term goals	X	X			

4.1F	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X	X			<u>Harcourt Health and Fitness</u> Chapter 1 Lesson 3: The Digestive System pp. 16-19
4.2A	describe how health behaviors affect body systems	X				United Streaming <a href="#">Body Systems</a>  CATCH <u>P.A.S.T. Diabetes</u> Session 2: Don't Just Sit There...Get Up and Move!
4.2B	describe the basic function of the major body systems such as the circulatory and digestive systems	X	X			Continuation: Body Systems at Work <u>Harcourt Health and Fitness</u> Chapter 1 Lesson 3: The Digestive System pp. 16-19
4.4C	describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	X	X			United Streaming <a href="#">Inside Story With Slim Goodbody, ..The Inside Story of Digestion</a>
4.5A	set personal-health goals for preventing illness	X				United Streaming <a href="#">Think Before You Act</a> (16:00)
4.1D	explain the physical, mental and social benefits of fitness	X	X			<u>Harcourt Health and Fitness</u> Chapter 1 Lesson 4: The Respiratory and Circulatory Systems pp. 20-23
4.1F	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X				United Streaming <a href="#">Real World Science: Respiratory and Circulatory Systems What About Tobacco?</a>
4.2A	describe how health behaviors affect body systems	X	X			
4.2B	describe the basic function of the major body systems such as the circulatory and digestive systems	X				<u>Harcourt Be Active</u> Lesson 70: Smoking and Exercise pp. 169-170

4.4C	describe the short-term and long-term harmful effects of tobacco, alcohol, and other substances such as physical, mental, social, and legal consequences	X	X			<p>Continuation: <b>Body Systems at Work</b>  <u>Harcourt Health and Fitness</u>  Chapter 1  Lesson 4: The Respiratory and Circulatory Systems pp. 20-23</p> <p>United Streaming  <a href="#">Magic School Bus Works Out</a></p>
4.5A	set personal-health goals for preventing illness	X				
4.7B	describe ways technology can influence health	X				
4.11B	explain the advantages for setting short and long-term goals	X				
4.1D	explain the physical, mental, and social benefits of fitness	X	X			<p>Continuation: <b>Body Systems at Work</b>  <u>Harcourt Health and Fitness</u>  Chapter 1  Lesson 5: The Skeletal and Musculature System pp. 24-26</p> <p>United Streaming  <a href="#">Real World Science: Skeletal and Muscular Systems</a></p> <p><u>Harcourt Be Active</u>  Lesson 66: Using Fit For Fitness pp. 161-162  Lesson 69: Skeletal Problems pp. 167-168</p>
4.1F	identify the importance of taking personal responsibility for developing and maintaining a personal health plan such as fitness, nutrition, stress management, and personal safety	X				
4.2A	describe how health behaviors affect body systems	X	X			
4.5A	set personal-health goals for preventing illness	X				
4.7B	describe ways technology can influence health	X				<p><u>Harcourt Be Active</u>  Lesson 67: Your Muscles and Bones pp. 163-164</p>
4.8B	describe the importance of being a positive role model for health	X	X			
4.11B	explain the advantages for setting short and long-term goals	X				