

Health Scope and Sequence
4th Grade

| Lesson | Quaver Activities | TEKS |
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| 1st 9 Weeks August 14 - October 13 | | |
| UNIT 1: General Health | | |
| 1. Health in My Community | <ul style="list-style-type: none"> ● Health in My Community 6-9 mins ● Helpers in My Community 7-10 mins ● Helping Your Community (Gym Game) 6-9 mins ● Journal Time 5-8 mins ● This Is My Community 6-9 mins | 2.B, 12.C |
| 2. Technology Influences on Health | <ul style="list-style-type: none"> ● Technology Influences on Health 6-9 mins ● Tech Influences 7-10 mins ● Four Dimensions of Health (Music Video) 6-9 mins ● QLibs (Technology Influences on Health) 5-8 mins ● Technology Influences on Health (Exit Ticket) 6-9 mins | 2.A, 2.B |
| 3. Finding The Right Healthy Helper | <ul style="list-style-type: none"> ● Finding The Right Healthy Helper 6-9 mins ● Who Ya Gonna Call? (Finding The Right Healthy Helper) 7-10 mins ● Healthy Helper (Music Video) 6-9 mins ● Thank a Healthy Helper 5-8 mins ● This or That (Finding The Right Healthy Helper) 6-9 mins | 2.E, 3.E, 10.A |
| 4. Preventing an Emergency | <ul style="list-style-type: none"> ● Preventing an Emergency 6-9 mins ● Anticipating Emergencies 7-10 mins ● Think Quick! (Preventing An Emergency) 6-9 mins ● Making Safe Decisions 5-8 mins ● Quiz Challenge - 4 - General Health 6-9 mins | 10.A |
| UNIT 2: Social Behavior | | |
| 1. Reading Body Language | <ul style="list-style-type: none"> ● Reading Body Language 6-9 mins ● Can You See What I Feel? 7-10 mins ● Body Talk - Choreo Video 6-9 mins ● Project Emotion-Way 5-8 mins ● Reading Body Language (Reflections and Other Thoughts) 6-9 mins | 3.G, 3.H |
| 2. Respecting Individual Differences | <ul style="list-style-type: none"> ● Respecting Individual Differences 6-9 mins ● Let's Connect 7-10 mins ● You-Nique (Lyrics) 6-9 mins ● My Personality 5-8 mins ● I Am Unique 6-9 mins | 3.F |
| 3. Resisting Peer Pressure | <ul style="list-style-type: none"> ● Resisting Peer Pressure 6-9 mins ● P.O.P. the Pressure 7-10 mins | 2.B, 12.A, 18.A |

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| | <ul style="list-style-type: none"> ● Do What's Right for Me (Music Video) 6-9 mins ● Pressure Pathways 5-8 mins ● Resisting Peer Pressure (Reflections and Other Thoughts) 6-9 mins | |
| 4. Standing Up for Others | <ul style="list-style-type: none"> ● Standing Up for Others 6-9 mins ● Whose Side Are You On? 7-10 min ● Speak Up (Lyrics) 6-9 min ● You Have the Power 5-8 min ● Quiz Challenge - 4 - Social Behavior 6-9 min | 4.A, 14.A, 14.B |
| 2nd 9 Weeks October 16 - December 20 | | |
| UNIT 3: Responsible Decision Making | | |
| 1. Learning From Situations | <ul style="list-style-type: none"> ● Learning From Situations 6-9 mins ● Sonder and Ben Meet Captain Rewind (Story) 7-10 min ● Trial Run (Gym Game) 6-9 min ● Analyze the Story: Sonder and Ben Meet Captain Rewind 5-8 min ● Learning from Situations (Reflections and Other Thoughts) 6-9 mins | 3.D, 4.A |
| 2. Evaluating My Decisions | <ul style="list-style-type: none"> ● Evaluating My Decisions 6-9 mins ● Evaluating Healthy Decisions 7-10 mins ● Good Choices (Lyrics) 6-9 mins ● Making Healthy Decisions 5-8 mins ● Evaluating My Decisions (Reflections and Other Thoughts) 6-9 mins | 3.A, 6.E |
| 3. Steps to Achieving My Goal | <ul style="list-style-type: none"> ● Steps to Achieving My Goal 6-9 mins ● Goals Checklist 7-10 min ● Working On My Dreams (Lyrics) 6-9 min ● Journal Time 5-8 min ● Long-Term Goals Cafe 6-9 mins | 4.B, 4.C |
| 4. Sharing Information Online | <ul style="list-style-type: none"> ● Sharing Information Online 6-9 mins ● What is Okay to Say? 7-10 mins ● Be Careful How You Use the Internet (Lyrics) 6-9 mins ● Lesson Mindset (Sharing Information Online) 5-8 mins ● Quiz Challenge - 4 - Responsible Decision Making 6-9 mins | 13.A, 13.B, 13.C |
| UNIT 4: Healthy Practices and Hygiene | | |
| 1. Creating Healthy Habits | <ul style="list-style-type: none"> ● Creating Healthy Habits 6-9 mins ● Healthy Habits at Home and School 7-10 mins ● Feelin' Fresh Every Day (Music Video) 6-9 mins | 2.C, 3.A, 4.A, 9.B |

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| | <ul style="list-style-type: none"> • My Healthy Habits 5-8 mins • Healthy Habits Can Help 6-9 mins | |
| <p>2. Exploring Lifetime Benefits of Healthy Teeth</p> | <ul style="list-style-type: none"> • Exploring Lifetime Benefits of Healthy Teeth 6-9 mins • Molar Movies 7-10 mins • Practicing Self-Discipline (Lyrics) 6-9 mins • Journal Time 5-8 mins • Dentist, Dentist (Lifetime Benefits of Healthy Teeth) 6-9 mins | 2.C |
| <p>3. Exercise and My Well-Being</p> | <ul style="list-style-type: none"> • Exercise and My Well-Being 6-9 mins • Health Benefits of Exercise 7-10 mins • Don't Quit (Music Video) 6-9 mins • True or False? (Exercise and My Well-Being) 5-8 mins • Exercise and My Well-Being (Futurizations) 6-9 mins | 2.C, 7.A, 8.B, 9.A, 9.B |
| <p>4. Setting Sleep Routines</p> | <ul style="list-style-type: none"> • Setting Sleep Routines 6-9 mins • Bedtime Basics 7-10 mins • Pillow Fort Defenders (Gym Game) 6-9 mins • Journal Time 5-8 mins • Quiz Challenge - 4 - Healthy Practices and Hygiene 6-9 mins | 2.C |
| <p>5. Nervous, Digestive, Immune, and Integumentary Systems</p> | <ul style="list-style-type: none"> • Nervous, Digestive, Immune, and Integumentary Systems 3-5 mins • My Amazing Body (Nervous, Digestive, Immune, and Integumentary Systems) 3-5 mins • Brain, Lymph Nodes, Gut, and Hair (Lyrics) 3-5 min • Body Part Pathways (Nervous, Digestive, Immune, and Integumentary Systems) 3-5 min • Train the Brain (Nervous, Digestive, Immune, and Integumentary Systems) 3-5 min | 1.A |
| <p>3rd 9 Weeks January 9 - March 8</p> | | |
| <p>UNIT 5: Mental Health and Wellness</p> | | |
| <p>1. Managing Overwhelming Emotions</p> | <ul style="list-style-type: none"> • Managing Overwhelming Emotions 6-9 mins • Select Your Strategy 7-10 min • Reach Out (Music Video) 6-9 min • Lesson Mindset (Managing Overwhelming Emotions) 5-8 min • Managing Overwhelming Emotions (Reflections and Other Thoughts) 6-9 mins | 3.A, 3.B, 5.C, 5.E |
| <p>2. When I Feel Anxious</p> | <ul style="list-style-type: none"> • When I Feel Anxious 6-9 mins • All About Anxious Feelings 7-10 mins • Nerves (Lyrics) 6-9 mins • Coping Corners 5-8 mins | 5.A, 5.B, 5.C |

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| | <ul style="list-style-type: none"> When I Feel Anxious (Reflections and Other Thoughts) 6-9 mins | |
| 3. Improving Myself | <ul style="list-style-type: none"> Improving Myself 6-9 min Improve Myself Everyday 7-10 min Working Towards a Better Me (Lyrics) 6-9 min Journaling Center 5-8 min Improving Myself (Reflections and Other Thoughts) 6-9 min | 4.A, 4.C, 5.D |
| 4. Expressing Empathy | <ul style="list-style-type: none"> Expressing Empathy 6-9 mins Letting Your Empathy Show 7-10 mins Feel the Same Way - Choreo Video 6-9 mins Kind Minds 5-8 mins Quiz Challenge - 4 - Mental Health and Wellness 6-9 mins | 3.G |

UNIT 6: Healthy Eating and Nutrition

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| 1. The Six Major Nutrients | <ul style="list-style-type: none"> The Six Major Nutrients 6-9 mins Nutri-Sort 7-10 mins Nutrients (Music Video) 6-9 min Make a Nutritious Meal 5-8 min QLibs (The Six Major Nutrients) 6-9 min | 6.B, |
| 2. Negative Effects of Food | <ul style="list-style-type: none"> Negative Effects of Food 6-9 mins Effects of Certain Foods and Ingredients 7-10 mins Food Reactions (Gym Game) 6-9 mins Nutritious Substitutions 5-8 mins Train the Brain (Negative Effects of Food) 6-9 mins | 6.D, 9.B |
| 3. Nutritional Goals | <ul style="list-style-type: none"> Nutritional Goals 6-9 mins Nutritional Goals Checklist 7-10 mins Working Towards a Better Me (Lyrics) 6-9 min Journaling Time 5-8 min Nutritional Goals (Futurizations) 6-9 mins | 6.A, 6.B, 6.C, 6.D, 6.E, 8.A, 9.B |
| 4. Refusal Skills - Substances | <ul style="list-style-type: none"> Refusal Skills 6-9 mins Know the Facts 7-10 mins Do What's Right for Me (Music Video) 6-9 mins Resisting Peer Pressure 5-8 mins Quiz Challenge - 4 - Healthy Eating and Nutrition 6-9 mins | 16.A, 16.B, 17.A, 18.A, 18.B, 19.A, 19.B |

4th 9 Weeks

March 18 - May 23

UNIT 7: Disease and Illness Prevention

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| 1. Caring for My Mental Health | <ul style="list-style-type: none"> Caring for My Mental Health 6-9 mins Mental Health Circuit 7-10 mins | 3.B |
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| | <ul style="list-style-type: none"> ● Think Quick! (Caring for My Mental Health) 6-9 mins ● My Coping Case 5-8 mins ● Mini Mental Vacation 6-9 mins | |
| <p>2. <u>Communicable and Noncommunicable Diseases</u></p> | <ul style="list-style-type: none"> ● Communicable and Noncommunicable Diseases 6-9 mins ● Be the Doctor 7-10 mins ● Healthy America (Music Video) 6-9 mins ● Disease Defence 5-8 mins ● Communicable or Noncommunicable 6-9 mins | 2.D, 2.E, 6.D, 6.E, 9.A |
| <p>3. <u>Why Do I Need a Prescription?</u></p> | <ul style="list-style-type: none"> ● Why Do I Need a Prescription? 6-9 mins ● Types of Medications 7-10 mins ● Think Quick! (Prescription Scramble) 6-9 mins ● Doctor's Orders 5-8 mins ● Pharmacist, Pharmacist (Why Do I Need a Prescription?) 6-9 mins | 15.A, 15.B |
| <p>4. <u>Personal Health Habits</u></p> | <ul style="list-style-type: none"> ● Personal Health Habits 6-9 mins ● My Healthy Habits 7-10 mins ● Four Dimensions of Health (Music Video) 6-9 mins ● My Healthy Habits Plan 5-8 mins ● Quiz Challenge - 4 - Disease and Illness Prevention 6-9 mins | 2.C, 4.A, 6.D |
| UNIT 8: Safety and Accident Prevention | | |
| <p>1. <u>Reducing Risk of Injuries</u></p> | <ul style="list-style-type: none"> ● Reducing Risk of Injuries 6-9 mins ● Reduce the Risks 7-10 mins ● Prevent, Respond, and Hazards (Gym Game) 6-9 mins ● First Aid Basics 5-8 mins ● QLibs (Reducing Risk of Injuries) 6-9 mins | 10.A, 12.C |
| <p>2. <u>Situational Awareness</u></p> | <ul style="list-style-type: none"> ● Situational Awareness 6-9 min ● Steps to Situational Awareness 7-10 min ● Break Down (Lyrics) 6-9 min ● Lesson Mindset (Situational Awareness) 5-8 min ● Breaking News Situations 6-9 min | 2.F, 3.G, 10.A |