

Queen of Angels Catholic School
Wellness Grade 3 and 4 Curriculum – Cycle A

Student Name _____

Big Ideas are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.
- A “D” indicates a skill is Developing

10.1A- Identify and describe the stages of growth and development	
<ul style="list-style-type: none"> • Infancy ,childhood, adolescence, adulthood, late adulthood, 	
10.1C- Explain the role of the food guide pyramid in helping people eat a healthy diet.	
<ul style="list-style-type: none"> • Food groups, number of servings, variety of food, nutrients. 	
10.1D-Know age appropriate drug information.	
<ul style="list-style-type: none"> • Definition of drugs, effects of drugs, proper use of medicine, healthy/unhealthy risk-taking (smoking, inhalant use) skills to avoid drugs. 	
10.1E-Identify types and causes of common health problems of children	
<ul style="list-style-type: none"> • Infectious diseases (colds, flu, chickenpox), nonfictions diseases (asthma, hay fever, allergies, lyme disease), germs, pathogens, heredity 	
10.1.3A-Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease	
10.3.3A-Recognize safe/unsafe practices in the home, school and community	
<ul style="list-style-type: none"> • Fire, electrical. Animals 	
<ul style="list-style-type: none"> • modes of transportation (pedestrian, bikes, car, bus 	
<ul style="list-style-type: none"> • Outdoor, (play, weather, water 	
<ul style="list-style-type: none"> • Safe around people (safe/unsafe touch. abuse, stranger. Bully) 	
10.3.3B-Recognize emergency situations and explain appropriate response	
<ul style="list-style-type: none"> • Importance of remaining calm, how to call for help, simple assistance procedures, how to protect self. 	