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**Coal City Unit District #1**  
**Fourth Grade**  
**Health Curriculum**

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**HE.4:1      Students will develop a basic understanding of the human circulatory system. (IL 20A, 23A, 23B)**

- HE.4:1-1      Recognize the basic function of the circulatory system.
- HE.4:1-2      Identify and explain the functions of the three things included in the circulatory system: heart, blood, and blood vessels.
- HE.4:1-3      Identify the four (4) components of the blood and their functions.
- HE.4:1-4      Identify the types of blood vessels and their functions.
- HE.4:1-5      Identify ways to keep the heart healthy through exercise and healthy eating.

**HE.4:2      Students will develop a basic understanding of the human respiratory system. (IL 20A, 22C, 23A, 23B)**

- HE.4:2-1      Recognize the basic function of the respiratory system.
- HE.4:2-2      Identify the diaphragm and the connection between it and breathing.
- HE.4:2-3      Identify how the transfer of gases occur between the lungs and blood vessels.
- HE.4:2-4      Recognize basic diseases of the lungs.

**HE.4:3      Students will develop a basic understanding of the human nervous system. (IL 20A, 23A)**

- HE.4:3-1      Recognize the basic function of the nervous system.
- HE.4:3-2      Identify the main components and functions of the nervous system: brain, nerves and spinal cord.
- HE.4:3-3      Identify the functions and parts of the five (5) human senses.
- HE.4:3-4      Identify positives and negatives aspects that affect your nervous system.

**HE.4:4      Students will develop a basic understanding of the muscular and skeletal systems. (IL 19C, 20A, 23A, 23B)**

- HE.4:4-1      Recognize the functions of the skeletal system and muscular system and some basic facts about each.
- HE.4:4-2      Identify and give examples of a fixed and moving joint.
- HE.4:4-3      Recognize and identify the differences between muscles: cardiac, smooth, and skeletal.
- HE.4:4-4      Identify ways to help improve your muscular and skeletal capacity

- including proper warmup and cool down.
- HE.4:5 Students will identify the components of teasing and bullying. (IL 20A, 20B, 23C, 24A, 24B)**
- HE.4:5-1 Identify the different types and examples of teasing.
  - HE.4:5-2 Recognize why kids would tease others.
  - HE.4:5-3 Identify strategies to handling a bully's actions.
- HE.4:6 Students will develop a basic understanding of safety issues and situations. (IL 20A, 20C, 22A, 22C, 24A, 24B, 24C)**
- HE.4:6-1 Identify and understand choices when confronted with a strange animal.
  - HE.4:6-2 Identify how they can remain safe on wheels; bikes, skateboards, skates and scooters.
  - HE.4:6-3 Identify safety choices when home alone or in public.
  - HE.4:6-4 Identify water safety.
  - HE.4:6-5 Describe the benefits of using sunscreen.
  - HE.4:6-6 Identify and recognize what to do when in an abusive situation.
- HE.4:7 Students will develop basic understanding of tobacco use. (IL 20A, 23A, 23B, 24B, 24C)**
- HE.4:7-1 Identify basic facts concerning tobacco and nicotine use.
  - HE.4:7-2 Identify the ingredients of cigarettes.
  - HE.4:7-3 Identify the effects of tobacco and nicotine use on the human body.
  - HE.4:7-4 Identify reasons why people may or may not choose to smoke.
- HE.4:8 Students will develop a basic understanding of the human digestive system. (IL20A, 23A, 23B)**
- HE.4:8-1 Recognize the basic function of the digestive system.
  - HE.4:8-2 Identify the basic parts of the digestive system and the functions of each part.
  - HE.4:8-3 Identify how to keep the digestive system working properly.
- HE.4:9 Students will be able to identify ways that affect growth and development. (IL 23B, 23C)**
- HE.4:9-1 Identify the physical and mental factors that can affect them during puberty.
  - HE.4:9-2 Recognize the importance of having someone to talk to during the process of puberty.
  - HE.4:9-3 Recognize what caffeine can do to the your body.
  - HE.4:9-4 Identify dangerous chemicals and how they affect the your body.

**HE.4:10**      **Students will be able to identify how hygiene affects their body and ways to help improve it. (IL 22A, 22B)**

- HE.4:10-1      Recognize when to use and the roles of health-related services within the school and community.
- HE.4:10-2      Recognize positive health behaviors, choices, and skills.
- HE.4:10-3      Recognize ways your changing body affect hygiene.
- HE.4:10-4      Identify ways to improve hygiene and how to use items correctly.
- HE.4:10-5      Recognize symptoms of being well vs. being sick.