

4th Grade Health Pacing Guide				
Chapter	Days	Lessons	Assessment	Year-to-Date
1 Mental and Emotional Health	12	1.1–1.6 (6)	6	12
2 Family and Social Health	12	2.1–2.6 (6)	6	24
3 Growth and Development	10	3.1–3.5 (5)	5	34
4 Nutrition	12	4.1–4.6 (6)	6	46
5 Personal Health and Physical Activity	14	5.1–5.7 (7)	7	60
6 Violence and Injury Prevention	14	6.1-6.7 (7)	7	74
7 Alcohol, Tobacco, and other Drugs	10	7.1-7.5 (5)	5	84
8 Communicable and Chronic Diseases	12	8.1-8.6 (6)	6	96
9 Consumer and Community Health	6	9.1-9.3 (3)	3	102
10 Environmental Health	6	10.1-10.3 (3)	3	108