

Perfect Match

Health Education

Grade

4

Dr Michael Chia

SAMPLE



HODDER
EDUCATION

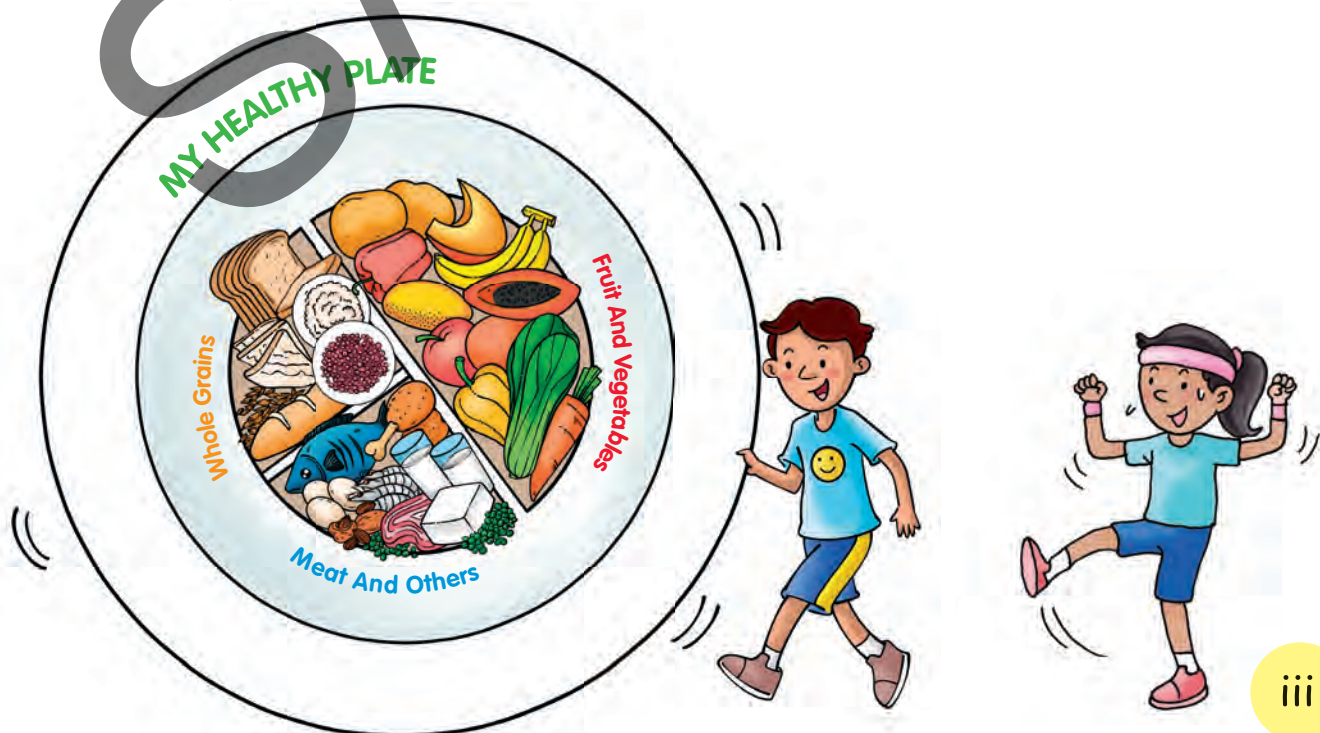
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Physical Health

In this section, you will learn:

- why exercise is important;
- more about My Healthy Plate;
- the importance of personal hygiene;
- about harmful substances;
- how to take care of your eyes; and
- about tooth decay and ways to prevent it.



Name:

Class:

Date:

Lesson 1

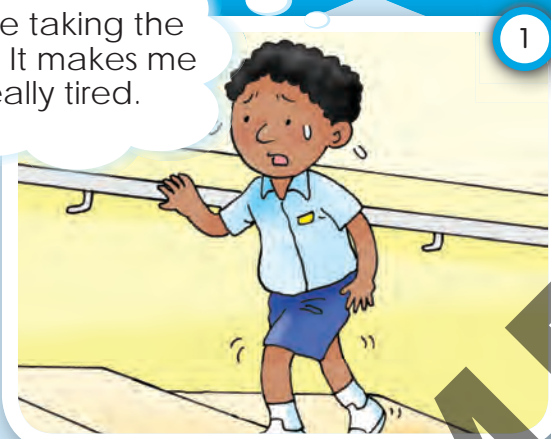
Keeping Fit With Regular Exercise



Read the story below.



I hate taking the stairs! It makes me really tired.



You're just terribly unfit, Ajit. You need to start exercising.



Run or play a sport. The time you spend must add up to 60 minutes a day.



One week later ...



Two weeks later ...



One month later ...



Tawan, I feel much fitter now. Thanks for making sure I don't give up!

Learning Objective: Pupils will be able to understand how to achieve healthy growth.



Take a look at the exercise schedule that Tawan helped Ajit to plan for his first week of exercise. What do you notice?

Day	Activities				Total Time
MON	Walking to school 7 - 7.15am	P.E. 8 - 8.30am	-	-	45min
TUE	Walking to school 7 - 7.15am	Playing catching Recess (20min)	Walking home 1.30 - 1.45pm	-	50min
WED	-	-	Basketball CCA 2 - 3pm	-	1h
THU	Walking to school 7 - 7.15am	Badminton Recess (15 min)	Walking home 1.30 - 1.40pm	Cycling 4 - 4.20pm	1h
FRI	-	P.E. 8 - 9am	Soccer 2 - 2.15pm	-	1h 15min
SAT	Swimming 9 - 10am	-	Frisbee 4 - 4.30pm	-	1h 30min
SUN	-	-	Rollerblading 3 - 4.35pm	-	1h 35min



Daily physical activities help me eat, sleep, grow and learn better. I feel more positive and I can handle stress better. My friends feel happy being with me too!

Regular exercise makes you fit by strengthening your bones, muscles, heart and lungs. When you are fit, you will have more energy to do the things that you enjoy. You can also do a moderate-to-vigorous physical activity (MVPA) such as vigorous dancing, sprinting or fast swimming. Try to have some MVPA at least 3 times a week.



regular exercise: for children, this means at least 60 minutes of MVPA or vigorous exercise every day. It does not need to be in a single stretch.

moderate-to-vigorous physical activity (MVPA): an activity that causes the heart to beat faster, and breathing to deepen and quicken. When you are engaged in MVPA, you will have enough breath to talk but not enough for you to sing.

Name:

Class:

Date:

Lesson 2

Developing A Healthy Heart



Having variety in the exercises you do will ensure that all the different parts of your body get developed. One type of exercise is aerobic exercise. This kind of exercise helps to strengthen your heart and lungs.

The pictures below show you some examples of aerobic exercise. Do you do any of them? Can you think of any other examples?



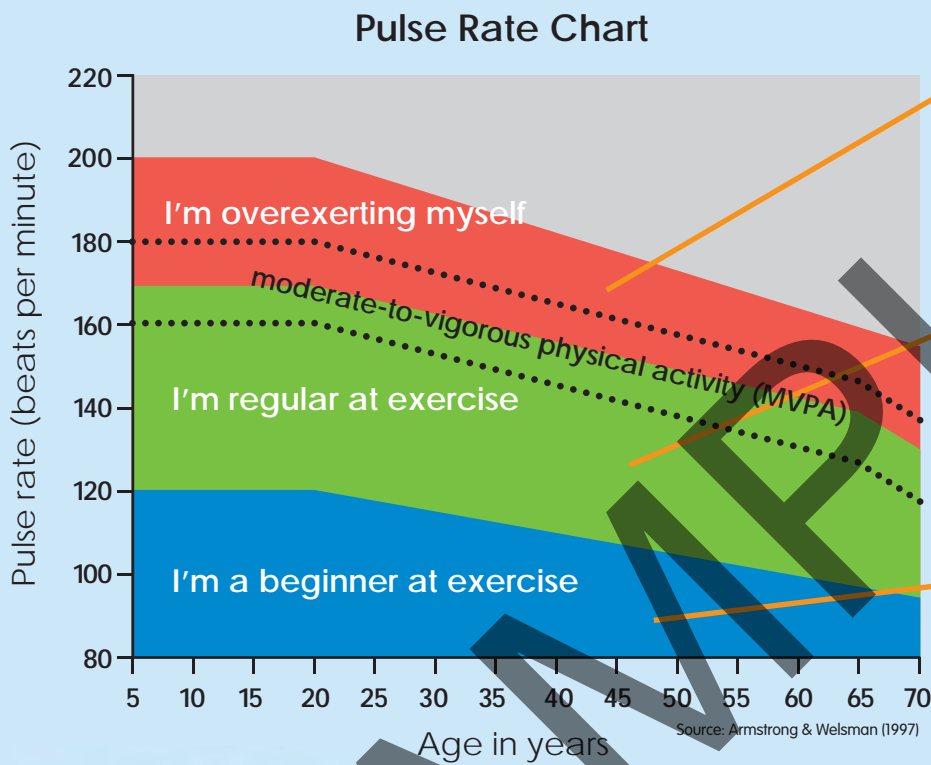
aerobic exercise: any physical activity that requires you to use large muscle groups such as that of your entire upper or lower body, involves continuous motion for 20 minutes or more, and increases your heart rate and breathing rate.

Learning Objective: Pupils will be able to understand how to achieve healthy growth.



Aerobic exercise makes your heart pump faster and harder. Since the heart is a muscle, all this exertion makes it stronger. The stronger your heart is, the fitter you are!

The Pulse Rate Chart is a guide that tells you how hard you should make your heart work when you exercise. While you are exercising, use this chart to check that your pulse rate falls within the green zone.



You should never make your heart beat this fast when you are exercising.

Aim to get your pulse rate in this zone once you exercise regularly.

If you have not been exercising regularly, keep your pulse rate within this zone for the first few weeks.



Whenever I go jogging or cycling, I make sure that my heart rate is in the green zone! This builds my fitness by challenging my body to work harder than it normally does.

This is how I check my pulse rate. First, I count the number of pulses in 15 seconds. Then, I multiply that by four to get the total number of pulses in one minute.



pulse rate: the number of times your heart beats in one minute.