

**CURRICULUM**

**HEALTH**

**GRADE 3**

Approved by the Instructional Council  
6/10/08

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 1 (State Standard # 1)          Comprehend concepts related to health promotion and disease</p>	
<b>LEARNING OBJECTIVES</b>	<b>SAMPLE INDICATORS/ASSESSMENTS OF LEARNING</b>
<p><i>Students will know how to:</i></p> <p>E1.1 Describe relationships between personal health behaviors and individual well-being</p>	<p><i>Students will be able to:</i></p> <p>a. Demonstrate an understanding of how their personal choices such as safety choices on the playground, hand washing before meals and healthy snack choices will impact their health (Responsive Classroom)</p>
<p>E1.6 Identify health problems and illnesses that can be prevented or treated early</p>	<p>a. Demonstrate an understanding of the ways to prevent the spread of colds and flu</p>
<p>E1.7 Explain how childhood injuries can be prevented or treated</p>	<p>a. Identify basic ways to prevent injury on the playground, in the classroom, and at home</p>

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 2 (State Standard # 2)          Demonstrate the ability to access valid health information and health-promoting products and services</p>	
<b>LEARNING OBJECTIVES</b>	<b>SAMPLE INDICATORS/ASSESSMENTS OF LEARNING</b>
<p><i>Students will know how to:</i></p> <p>E2.1 Demonstrate the ability to locate valid health information, products and services</p>	<p><i>Students will be able to:</i></p> <p>a. Identify and use appropriate dental health products and services</p>

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 3 (State Standard # 3)	
Demonstrate the ability to practice health-enhancing behaviors to reduce health risks	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E3.2 List personal health needs M3.2 Examine personal health status to determine needs	a. Identify everyday healthy behaviors they can practice such as getting enough sleep, brushing their teeth, and eating at least three healthy meals a day
E3.3 Compare behaviors that are safe to those that are risky or harmful	a. Practice “Stranger Danger” response techniques
E3.4 Demonstrate strategies to improve or maintain personal health by examining influences and rules that affect decisions	a. Identify the components of a healthy snack
E3.5 Develop and practice safety techniques to avoid and reduce injury and disease	a. Practice classroom, hallway and playground safety techniques b. Practice ways to prevent the spread of disease such as hand washing, tissue use and using antibacterial products
E3.6 Identify and practice skills to manage stress	a. Apply conflict resolution techniques before seeking adult resolution (Responsive Classroom)

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 5 (State Standard # 5)          Demonstrate the ability to use interpersonal communication skills to enhance health</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E5.3 Describe emotions and how they can affect an individual's behavior	a. Connect their own or others behaviors to negative and/or positive emotional reactions (Responsive Classroom)
E5.4 Identify and demonstrate healthy ways to express needs, wants and feelings	a. Be an active member of a Responsive Classroom
E5.5 Identify, discuss and demonstrate ways to communicate care, consideration and respect for themselves and others without bias abuse, discrimination or harassment	a. Create and follow classroom rules that reflect a caring, respectful and considerate classroom environment (Responsive Classroom)
E5.6 Demonstrate active listening skills to build and maintain healthy relationships with peers and family members	a. Listen attentively to peers while making eye contact, display appropriate reactions and generate appropriate comments and/or questions (Responsive Classroom)

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 5 (State Standard # 5) - Continued	
Demonstrate the ability to use interpersonal communication skills to enhance health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E5.8 Identify possible causes of conflict	a. Make positive choices for peer interaction such as lunch partners, small group members, and playground companions, to avoid conflict (Responsive Classroom)
E5.9 Demonstrate family peer, school and community strategies to prevent, manage and resolve conflicts and identify adults who might assist, when appropriate	a. Communicate the cause(s) of a conflict and identify possible solutions (Responsive Classroom)

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 6 (State Standard # 6)	
Demonstrate the ability to use decision-making skills to enhance health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E6.2 Explain when to ask for assistance in making health-related decisions	a. Recognize when a situation is an emergency and how to seek help
E6.3 Predict outcomes of positive health decisions	a. Describe how eating a healthy breakfast and getting appropriate rest impacts school performance (Responsive Classroom)

**STUDENT LEARNING OBJECTIVES**  
**Grade 3**  
**HEALTH**

As a result of health education, students independently and collaboratively will be able to:

GOAL: District Goal # 8 (State Standard # 8)	
Demonstrate the ability to advocate for personal, family and community health	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
E8.2 Express opinions about health issues based on accurate health information	a. Participate in class discussion about health related topics such as dental health during Dental Health Month, snack choices, and recreational choices
E8.3 Identify and describe community agencies that advocate for healthy individuals, families and communities	a. Describe the responsibilities of the school nurse, school resource officer, school guidance counselor, and school psychologist (Responsive Classroom)
E8.6 Demonstrate positive ways to show care and consideration for others living with disease	a. Listen to and discuss the themes found in books such as, <u>Lou Gehrig: The Luckiest Man</u> , <u>Nathan's Wish: A Story about Cerebral Palsy</u> , or <u>Lemonade Club</u>
E 8.7 Promote positive healthy interpersonal relationships with respect and appreciation for each other	a. Demonstrate an acceptance and support of the differences in the social, emotional and academic levels of their peers by being kind, courteous and considerate of others (Responsive Classroom) b. Encourage peers to be kind, courteous and considerate of others (Responsive Classroom)