

Grade Three Health

Big Idea: Feelings

Essentials Questions:

- What are feelings?
- How can I identify my feelings?
- What are positive and negative behaviors that can occur with my feelings?
- What are ways to handle anger constructively?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Identify examples of emotional, intellectual, physical, and social health.

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Identify how peers can influence healthy and unhealthy behaviors.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate non-violent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.
- Analyze when assistance is needed when making a health-related decision.
- Predict the potential outcomes of each option when making a health related decision.
- Choose a healthy option when making a decision.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Identify responsible personal health behaviors.
 - Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.
 - Demonstrate a variety of behaviors that avoid or reduce health risks.
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Big Idea: Communication

Essential Questions:

- How can I give and get respect?
- How do I effectively listen to another person's point of view?
- How do I communicate efficiently?
- Why use I-messages?

Objectives:

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Identify how peers can influence healthy and unhealthy behaviors.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate non-violent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

Standard: Students will demonstrate the ability to advocate for personal, family and community health.

- Encourage others to make positive health choices.
 - Express opinions and give accurate information about health issues.
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Big Idea: Conflict Resolution

Essential Questions:

- How do I determine the best solution to a problem?
- What are my options if a "hook" is given to me? How can I respond to bullying?

Objectives:

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate non-violent strategies to manage or resolve conflict.
- Demonstrate how to ask for assistance to enhance personal health.

Standard: Students will demonstrate the ability to advocate for personal, family and community health.

- Express opinions and give accurate information about health issues.
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Big Idea: The negative effects of tobacco.

Essential Question:

- How do we keep our bodies healthy from tobacco?

Objectives:

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Describe how the family influences personal health practices and behaviors.
- Identify how peers can influence healthy and unhealthy behaviors.
- Explain how media influences thoughts, feelings, and health behaviors.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate how to ask for assistance to enhance personal health.

Standard: Students will demonstrate the ability to use decision-making skills to enhance health.

- Identify health-related situations that might require a thoughtful decision.
- Choose a healthy option when making a decision.
- Describe the outcomes of a health related decision.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Identify responsible personal health behaviors.
- Demonstrate a variety of behaviors that avoid or reduce health risks.

Standard: Students will demonstrate the ability to advocate for personal, family and community health.

Express opinions and give accurate information about health issues.
Encourage others to make positive health choices.

Big Idea: Nutrition

Essential Questions:

- What is the food pyramid?
- How can the food pyramid help me to make healthy food choices?

Objectives:

Standard: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Describe the relationship between healthy behaviors and personal health.
- Identify examples of emotional, intellectual, physical, and social health.
- Describe ways in which a safe and healthy school and community environment can promote personal health.
- Describe ways to prevent common childhood injuries and health problems.

Standard: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- Describe how the family influences personal health practices and behaviors.
- Identify the influence of culture on health practices and behavior.
- Identify how peers can influence healthy and unhealthy behaviors.
- Describe ways that technology can influence personal health.

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate refusal skills to avoid or reduce health risks.

Standard: Students will demonstrate the ability to advocate for personal, family and community health.

- Express opinions and give accurate information about health issues.
- Encourage others to make positive health choices.

Big Idea: Personal Safety

Essential Question:

- How do you keep your body safe?

Objectives:

Standard: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- Demonstrate effective verbal and non-verbal communication skills to enhance health.
- Demonstrate refusal skills to avoid or reduce health risks.
- Demonstrate how to ask for assistance to enhance personal health.

Standard: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- Demonstrate a variety of behaviors that avoid or reduce health risks.