

Course Description:

Health Education - Grade 3 (1 of 1) promotes physical, emotional, intellectual, and social well-being through the exploration of health and safety behaviors. Topics include human growth and development; disease prevention; good hygiene; healthy habits; food and nutrition; physical activity; general health; health care; health effects of alcohol, tobacco, and drugs; interpersonal communication; and personal safety. The course includes two projects: “Make Decisions about Your Health” and “Set Short-Term Health Goals.”

Course Objectives:

- Tell about the life cycles of humans and other living things.
- Tell about the different parts of the human body and how they work together to keep you healthy.
- Tell about how germs spread and ways you can keep from spreading them.
- Tell about emotions and how they look and are expressed in different situations.
- Tell about diseases, how they spread, and how to prevent them.
- Tell about what it means to be healthy and how people can help each with healthy behaviors.
- Tell about personal health and health habits and how they can affect you and others.
- Tell how culture and media affect health behaviors, thoughts, and feelings.
- Tell about food groups, water, and a healthy diet and why they are important.
- Tell the importance of food choices, self control, and physical activity for your health.
- Tell about health-related decisions and how to make them.
- Tell how responsible people and peer pressure from others can affect your health behaviors and decisions.
- Tell about how to identify and where to find trustworthy health, information, products, and services.
- Tell who to talk to and the steps to take to make health decisions.
- Tell about ways a safe and healthy classroom, school, and community can help support positive personal health.
- Tell how technology influences personal health and how it has improved health care.
- Tell why things like alcohol, drugs, and tobacco are harmful and why people should not use them.
- Use the steps and skills for setting goals to set a and meet a personal health goal.
- Tell ways to say no, get away from unsafe or uncomfortable situations, and how to tell an adult.
- Tell about personal medication and how to take it safely with support from a trusted adult.
- Tell why completing a task is important and list the steps to complete a task.
- Tell and show ways to deal with conflict or dangerous situations.
- Use skills and resources to make health decisions, complete tasks, and set and achieve health goals.
- Use good communication skills when it comes to your health.
- Tell about common childhood health conditions and injuries and ways to prevent them.
- Give correct information, list healthy options, and express opinions about health issues.

Required Materials:

Required:

- printables (see Course Syllabus for link)
- printer and printer paper (for printables)
- orange, yellow, pink, purple, blue, and red crayons
- notebook paper
- pencil

- smartphone camera with video recorder

Optional:

- containers for various prescription and over-the-counter medicines (only use with parent's permission)
- a computer with a word processing program

Course Overview:

Unit 1: Growth and the Human Body

Unit 2: Germs, Disease, and Good Health

Unit 3: Food, Nutrition, and Activity

Unit 4: Health and Health Care

Unit 5: Alcohol, Tobacco, and Drugs

Unit 6: Injuries, Accidents, and Unsafe Situations