

Grade 3 Health Notes

	Grade Level Expectations	Lessons
EALR 1 <u>NOV</u>	The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness and nutrition . Note: Movement, physical fitness is covered through the physical education program.	NUTRITION Note: The DHC nutrition lessons are taught in 1 st and 2 nd grade. Listed below are some recommendations for review for 3 rd graders. What Belongs, What Doesn't The Food Guide Pyramid
EALR 2	The student acquires the knowledge and skills necessary to maintain a healthy life: Recognize patterns of growth and development , reduce health risks and live safely.	THE BODY The Great Pump Food and your Heart Exercise and your Heart
	Component 2.1- Recognize patterns of growth and development.	* Food and your Heart * Exercise and your Heart
<u>FEB</u>	Component 2.2- Understanding the concept of control and prevention of disease.	Healthy Teeth: Hands-On Science Activities Note: Dental group talking about gum disease prevention.
	Component 2.3- Acquire skills to live safely and reduce health risks	Steps to Respect Program
		ALCOHOL AND OTHER DRUGS All About Drugs (A Sunburst Title) (16:00) Nicotine TOBACCO What about Tobacco (A Sunburst Title) Grades 3-5 (V)

(V) – video included in lesson

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EALR 3	The student analyzes and evaluates the impact of real-life influences on health.	
	Component 3.2-Gather and analyze health information.	TOBACCO Contributors: Lesson 3, Messages from Media Contributors: Lesson 4, Messages from People
<u>SEPT.</u>	Component 3.3- Use social skills to promote health and safety in a variety of situations.	SAFETY The Story of Patty Parrot Steps to Respect Program
	Component 3.4- Understand how emotions influence decision-making	Note: covered by 3 rd grade Steps to Respect Program. The Refusal Skill for Self-Control™ Teaching The Refusal Skill for Self-Control™ to a Younger Person
EALR 4	The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.	Note: is covered through the physical education program.
	Component 4.1-Identify health and safety situations.	Rules of the Road Safe on the Playground
	Component 4.2: Develop a health and fitness plan and a monitoring system.	Note: is covered through the physical education program. Outside School

(v) – video included in lesson

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