

Grade 3 Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: Eric_Bishop@hcpss.org, Coordinator or Tempe_Beall@hcpss.org, Instructional Facilitator.

Quarter 1 - Social & Emotional Health

Lesson 1: Being Healthy

- Explain what it means to be mentally and emotionally healthy.
- Identify characteristics of a mentally and emotionally healthy person.
- Identify role models who demonstrate positive emotional health.

Lesson 2: Expressing Feelings

- Describe the relationship between feelings and behavior.
- Describe appropriate ways to express and deal with emotions.
- Describe the importance of being aware of one’s own feelings and sensitive to the feelings of others.
- Explain the importance of talking with parents and other trusted adults about feelings.

Lesson 3: Family

- Describe the benefits of healthy family relationships.
- Give examples of prosocial behaviors.
- Identify characteristics of a responsible family member

Lesson 4: Responding To Conflicts

- Describe the benefits of using nonviolent means to solve interpersonal conflict.
- Describe examples of prosocial behaviors that help prevent conflict.
- Determine if conflicts are simple or serious.
- Decide when a conflict needs adult attention.
- Propose safe, peaceful and fair ways to deal with conflict.

Lesson 5: Friends

- Describe the benefits of healthy peer relationships.
- Describe healthy ways to express affection, love, friendship and concern.
- Explain the importance of respecting the personal space and boundaries of others.
- Demonstrate effective verbal and nonverbal communication skills.

Lesson 6: Respecting Self & Others

- Describe how people are similar and different.
- Describe the value of others’ talents and strengths.
- Identify characteristics of someone who has self-respect.

Quarter 2 - Violence Prevention

Lesson 1: Bullying

- Describe the difference between bullying, teasing, and conflict.
- Describe what to do if you or someone else is being bullied.
- Identify the impact of conflict, discrimination, and violence on mental and emotional health.
- Demonstrate how a positive bystander is able to access help from a police officer, teacher, nurse, school counselor, parent, guardian, or another trusted adult to help a friend who is feeling unsafe, uncomfortable, or disrespected.

Lesson 2: People Safety

- Describe strategies to follow when approached by a stranger in a variety of situations.
- Explain how familiar people or people in authority can help or harm children.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Demonstrate how to set and respect healthy boundaries while using technology and face-to-face.
- Identify examples of safe uses of technology.
- Demonstrate how a positive bystander is able to access help from a police officer, teacher, nurse, school counselor, parent, guardian, or another trusted adult to help a friend who is feeling unsafe, uncomfortable, or disrespected.

Lesson 3: Boundaries & Rights

- Identify words and actions that appropriately express affection/positive feelings toward trusted adults and other important people.
- Demonstrate setting and respecting personal boundaries

Lesson 4 & 5: Body Safety (continued on next page)

- Identify behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation.

Lesson 4 & 5: Body Safety (continued from previous page)

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- Explain how familiar people or people in authority can help or harm children.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Identify words and actions that appropriately express affection or other positive feelings toward trusted adults and other important people or people of authority.
- Explain age-appropriate privacy.
- Identify parts of the body that are private on self and others.
- Explain that it is never a person's fault if someone causes them to feel unsafe.

Quarter 3 - Substance Abuse Prevention

Lesson 1: Medicine Safety

- Summarize how to use medicines correctly.

Lesson 2: Harmful Substances

- Explain the harmful effects of alcohol and nicotine products, including electronic smoking devices.

Lesson 3: What is Peer Influence?

- Identify how peers can influence healthy and unhealthy behaviors.

Lesson 4: Pressure Influences

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

Lesson 5: Using Our Influences

- Demonstrate refusal skills to avoid or reduce health risks.

Lesson 6: Choosing To Be Drug Free

- Identify health-related situations that might require a thoughtful decision.
- List healthy options for health-related issues or problems.
- Choose a healthy option when making a decision

Quarter 4 - Personal Health & Disease Prevention

Lesson 1 & 2: Healthy Habits

- Describe ways to prevent the spread of germs that cause infectious diseases.
- Recognize the benefits of personal health care practices.
- Describe ways to prevent harmful effects of the sun.

Lesson 3: Healthy Eating

- Identify the food groups and nutritious food choices from each.
- Identify the roles that nutrients play in a person's body.
- Describe the benefits of eating a variety of nutritious foods.
- State the benefits of drinking water versus other beverages.
- Describe nutritious eating patterns and the importance of consistent meals and snacks.
- Explain the benefits of eating in moderation and in line with the idea that "all foods fit."

Lesson 4: Healthy Sleep

- Explain why sleep and rest are important for proper growth and good health