

Grade 3 Health and Physical Education

Mental Health

Students will be able to:

- Demonstrate a positive attitude toward self and others.

Safety and Injury Prevention (Safety)

Students will be able to:

- Identify specific safety hazards (home, school, community).

Family Life (Family Relationships & Social Behavior)

Students will be able to:

- Identify and discuss different family relationships and structures.
- Demonstrate an understanding of personal bodily privacy.

Disease Prevention And Control (Illness Prevention)

Students will be able to:

- Explain the importance of oral hygiene.

Physical Activity and Fitness (Fitness/Wellness)

Students will be able to:

- Participate in a sequence of physical fitness activities and explain the general healthful benefits.
- Exhibit a physically active lifestyle.
- Achieve and maintain a health enhancing level of fitness.
- Demonstrate understanding and respect for differences among people in physical activity settings.

Nutrition

Students will be able to:

- Plan a simple meal according to the food pyramid.

Growth and Development (Human Body)

Students will be able to:

- Explain how the eye works.

Tobacco, Alcohol, and Other Substance Use/Abuse Prevention (Substance Abuse Prevention)

Students will be able to:

- Describe the effects of tobacco use on the body.

Reproduction/Sexuality (Sensitive Issues)

Violence Prevention

Students will be able to:

- Demonstrate ways to handle anger and hostility.

Interpersonal Relationships

Consumer Health and Resource Management

Ecological Health

Students will be able to:

- Describe types of natural resources and how they relate with health and being healthy.

Community and Public Health