

Health Grade 3 Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<p><u>Disease Prevention and Control:</u></p> <p>Disease Prevention</p> <p>Hygiene</p> <p>Sun</p> <p>Diseases</p>	<p>Describe ways to prevent the spread of germs that cause infectious diseases. 1f.3.1</p> <p>Recognize the benefits of personal health care practices. 1f.3.2</p> <p>Describe ways to prevent harmful effects of the sun. 1f.3.3</p> <p>Identify symptoms that are associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and others.1f.4.4</p>	<p><u>Disease Prevention and Control Essential Questions:</u></p> <p>What are ways to prevent the spread of germs that cause infectious diseases?</p> <p>What are beneficial health care practices?</p> <p>How can I be safe in the sun?</p> <p>What are symptoms of common childhood diseases and conditions?</p> <p>What are treatments of common childhood diseases and conditions?</p> <p>What are some prevention practices for common childhood diseases and infections?</p>
	<p><u>Mental and</u></p>		

	Trusted Adults	affect emotions. 1a.3.7	trusted adult benefit you? What are some stressors in your
--	-----------------------	-------------------------	---

	<p>Stress and Anxiety</p> <p>Teasing, bullying, harassment, discrimination, and violence</p> <p>Body image</p> <p>Grief and Loss</p>	<p>Identify the benefits of talking with trusted adults about emotions. 1a.3.8</p> <p>Identify personal stressors. 1a.3.9</p> <p>Describe the difference between bullying, teasing, and conflict. 1a.3.10</p> <p>Describe what to do if you or someone else is being bullied. 1a.3.11</p> <p>Identify the impact of conflict, discrimination, and violence on mental and emotional health. 1a.3.12</p> <p>Identify nonviolent ways to manage anger. 1a.3.13</p> <p>Identify body image and how peers, media, family, society, and culture influence ideas about</p>	<p>life?</p> <p>What is the difference between bullying, teasing, and conflict?</p> <p>What should you do if you or someone you know is being bullied?</p> <p>How can conflict, discrimination, and violence impact a person's mental and emotional health?</p> <p>How can I manage strong emotions such as anger?</p> <p>How do peers, media, family, society, and culture influence your body image?</p>
--	--	---	--

		body. 1a.3.14	
--	--	---------------	--

		Identify feelings and emotions associated with loss and grief. 1a.3.15	
	<p><u>Substance Abuse Prevention</u></p> <p>Medicine</p> <p>Alcohol, nicotine products, caffeine, products</p>	<p>Summarize how to use medicines correctly. 1b.3.1</p> <p>Explain the harmful effects of alcohol and nicotine products, including electronic smoking devices. 1b.3.2</p> <p>Identify short and long-term effects of alcohol, nicotine, and caffeine.</p>	<p><u>Substance Abuse Prevention Essential Questions:</u></p> <p>What are some rules for using medicine correctly?</p> <p>What information does an over the counter and prescription medicine container give the consumer?</p> <p>What are the harmful effects of alcohol?</p> <p>What are the harmful effects of nicotine products?</p> <p>What is caffeine?</p>

		<p>Describe nutritious eating patterns and the importance of consistent meals and snacks. 1e.3.5</p> <p>Explain the benefits of eating in moderation and in line with the idea that “all foods fit.” 1e.3.6</p>	<p>snacks?</p> <p>What are healthy examples of meals and snacks?</p> <p>What is the benefit of eating in moderation?</p> <p>How do various foods fit into your life?</p>
	<u>Safety and Violence</u>		<u>Safety and Violence Prevention</u>

			What is consent?
--	--	--	------------------

	<p>Discrimination and violence</p> <p>Safety, abuse and assault</p> <p>Bystander</p>	<p>Define consent as people of all ages and abilities having the right to tell others not to touch their body when they do not want to be touched. 1d.3.8</p> <p>Demonstrate how to set and respect healthy boundaries while using technology and face-to-face. 1d.3.9</p> <p>Identify parts of the body that are private on self and others. 1d.3.10</p> <p>Identify prejudice, discrimination, and bias. 1d.3.11</p> <p>Explain strategies to avoid physical fighting and violence. 1d.3.12</p>	<p>How can you set and respect healthy boundaries?</p> <p>What are your private parts? What is prejudice?</p> <p>What is discrimination?</p> <p>What is bias?</p> <p>How can you avoid fighting and violence?</p> <p>What are some strategies to use when around strangers?</p> <p>How can people in authority help or harm you?</p> <p>What is grooming?</p> <p>What are harassment, abuse, assault, and exploitation?</p>
--	---	---	---

		<p>Describe strategies to follow when approached by a stranger in a variety of situations. 1d.3.13</p> <p>Explain how familiar people or</p>	<p>How can you be a positive bystander?</p> <p>Understand that it is never your fault if you are made to feel unsafe.</p>
--	--	--	---

	<p>intervention and compassion for victims</p>	<p>people in authority can help or harm children. 1d.3.14</p> <p>Identify behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, and exploitation. 1d.3.15</p> <p>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. 1d.3.16</p> <p>Explain that it is never a person's</p>	
--	---	--	--

		fault if someone causes them to feel unsafe. 1d.3.17	
	<p><u>Family Life and Human Sexuality</u></p> <p>Healthy Relationships and Consent</p> <p>Gender identity and expression</p>	<p>Define consent as people of all ages and abilities having the right to tell others not to touch their body when they do not want to be touched. 1c.3.1 Demonstrate ways to treat people of all gender identities and expressions with dignity and respect. 1c.3.2</p>	<p><u>Family life and Human Sexuality Essential Questions:</u></p> <p>What is consent and how does it apply to your life?</p> <p>How can you treat all people with dignity and respect?</p>

--	--	--	--

	<p><u>Human Body</u></p> <p>Body Systems</p>	<p>Identify the function and parts of the skeletal system.</p> <p>Identify the function and parts of the circulatory system.</p> <p>Identify the function and parts of the digestive system.</p> <p>Identify the function and parts of the digestive system.</p> <p>Identify the function and parts of the muscular system.</p> <p>Identify the function and parts of the respiratory system.</p>	<p>What is the function of the skeletal system?</p> <p>What are the parts of the skeletal system?</p> <p>What is the function of the circulatory system?</p> <p>What are the parts of the circulatory system?</p> <p>What is the function of the digestive system?</p> <p>What are the parts of the digestive system?</p> <p>What is the function of the muscular system?</p> <p>What are the parts of the muscular system?</p> <p>What is the function of the respiratory system?</p>
--	--	---	--

			<p>What are the parts of the respiratory system?</p> <p>How can you take care of each of your body systems? each of</p>
--	--	--	---