



# Elementary School Health Education

## 2022-2023 Scope and Sequence

### NCDPI Healthful Living: Grade 3

#### OVERVIEW

*The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.*

#### North Carolina Essential Standards – Health Education

MEH = MENTAL and EMOTIONAL HEALTH

PCH = PERSONAL and CONSUMER HEALTH

ICR = INTERPERSONAL COMMUNICATIONS and RELATIONSHIPS

NPA = NUTRITION and PHYSICAL ACTIVITY

ATOD = ALCOHOL, TOBACCO, and OTHER DRUGS

Grade	NC Essential Standards	Clarifying Objectives
<b>3<sup>rd</sup> GRADE Mental and Emotional Health (MEH)</b>	<p><b>3.MEH.1 Understand positive stress management strategies.</b></p> <p><b>3.MEH.2 Understand the relationship between healthy expression of emotions, mental health, and healthy behavior.</b></p>	<p><b>3.MEH.1.1</b> Explain how self-control is a valuable tool in avoiding health risks.</p> <p><b>3.MEH.1.2</b> Classify stress as preventable or manageable.</p> <p><b>3.MEH.2.1</b> Identify common sources for feelings of grief or loss.</p> <p><b>3.MEH.2.2</b> Summarize how to seek resources for assistance with feelings of grief or loss.</p>
<b>3<sup>rd</sup> GRADE Personal and Consumer Health (PCH)</b>	<p><b>3.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.</b></p> <p><b>3.PCH.2 Apply measures for cleanliness and disease prevention.</b></p> <p><b>3.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.</b></p>	<p><b>3.PCH.1.1</b> Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.</p> <p><b>3.PCH.1.2</b> Classify behaviors in terms of whether they do or do not contribute to healthy living.</p> <p><b>3.PCH.2.1</b> Recognize plaque and lack of dental hygiene result in gum disease and cavities.</p> <p><b>3.PCH.2.2</b> Implement proper flossing to prevent tooth decay and gum disease.</p> <p><b>3.PCH.3.1</b> Use methods for prevention of common unintentional injuries.</p> <p><b>3.PCH.3.2</b> Summarize methods that increase and reduce injuries in and around water.</p> <p><b>3.PCH.3.3</b> Summarize the dangers of weapons and how to seek help if a weapon or firearm is found.</p> <p><b>3.PCH.3.4</b> Implement a plan to escape fire at home while avoiding smoke inhalation.</p>



# Elementary School Health Education

## 2022-2023 Scope and Sequence

### NCDPI Healthful Living: Grade 3

<p><b>3<sup>rd</sup> GRADE</b> <b>Interpersonal Communication and Relationships (ICR)</b></p>	<p><b>3.ICR.1 Understand healthy and effective interpersonal communication and relationships.</b></p>	<p><b>3.ICR.1.1</b> Summarize qualities and benefits of a healthy relationship.  <b>3.ICR.1.2</b> Plan how to show compassion for all living things and respect for other people’s property.  <b>3.ICR.1.3</b> Illustrate how to seek help from an adult if a weapon is found or a threat is communicated.  <b>3.ICR.1.4</b> Illustrate how to effectively and respectfully express opinions that differ.  <b>3.ICR.1.5</b> Analyze situations in terms of the strategies used by people in those situations that help or hinder healthy relationships.</p>
<p><b>3<sup>rd</sup> GRADE</b> <b>Nutrition and Physical Activity (NPA)</b></p>	<p><b>3.NPA.1 Apply tools (My Plate, Food Facts Label) to plan healthy nutrition and fitness.</b></p> <p><b>3.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</b></p>	<p><b>3.NPA.1.1</b> Use My Plate to eat a nutritious breakfast each morning.  <b>3.NPA.1.2</b> Check the Food Facts Label to determine foods that are low in sugar and high in calcium.  <b>3.NPA.1.3</b> Plan activities for fitness and recreation during out of school hours.  <b>3.NPA.2.1</b> Identify the sources of a variety of foods.  <b>3.NPA.2.2</b> Categorize beverages that are more nutrient dense.  <b>3.NPA.2.3</b> Recognize appropriate portion sizes of foods for most Americans.</p>
<p><b>3<sup>rd</sup> GRADE</b> <b>Alcohol, Tobacco, and Other Drugs (ATOD)</b></p>	<p><b>3.ATOD.1 Understand how to use household products and medicines safely.</b></p> <p><b>3.ATOD.2 Apply strategies involving risk reduction behaviors to protect self and others from the negative effects of alcohol, tobacco, and other drugs.</b></p>	<p><b>3.ATOD.1.1</b> Identify examples of medications that help individuals with common health problems.  <b>3.ATOD.1.2</b> Recall rules for taking medicine at school and at home.</p> <p><b>3.ATOD.2.1</b> Use refusal skills when confronted or pressured to use alcohol, tobacco, or other drugs.  <b>3.ATOD.2.2</b> Identify ways of refusing to ride in vehicles driven by someone who has been using alcohol.</p>