



Carlstadt Public School District Curriculum Guide

Health Grade 3 - 40 minutes 2x/week - full year

Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Injury Prevention and Personal Safety	4 weeks	Safe at home and away; responsible safety strategies; safe environments; turning safe into unsafe; identifying emergencies; understanding the concept of risk; setting personal safety goals; safe, unsafe, and confusing touches; practicing personal safety; using refusal skills; communication skills for emergencies; how to get help	2.1.5.CHSS.1; 2.1.5.EH.1; 2.1.5.EH.4 2.1.5.SSH.5; 2.1.5.SSH.6; 2.2.5.MSC.6; 2.2.5.MSC.7; 2.3.5.DSDT.3 2.3.5.PS.1; 2.3.5.PS.3; 2.3.5.PS.5; 2.3.5.PS.6;
Functions of the Body	4 weeks	Parts and functions of the eye; practicing seeing new things; eye problems and protection; eye care standards; digestive and immune systems; cells; physical impairments; responsible self-care; genes and heredity; skeletal system	2.1.5.CHSS.1; 2.1.5.EH.4; 2.1.5.PGD.5; 2.1.5.SSH.3; 2.1.5.SSH.6; 2.3.5.PS.1
Nutrition	4 weeks	Nutrition and digestion; reading food labels; responsible food choices; nutritional guidelines; food handling and labeling laws; influences on eating habits; ranking foods for energy and nutrients; testing recipes; food groups; setting	2.1.5.PGD.1; 2.1.5.PGD.3; 2.2.5.LF.3; 2.2.5.MSC.3; 2.2.5.N.1; 2.2.5.N.2; 2.2.5.N.3; 2.3.5.HCDM.1; 2.3.5.HCDM.3
Community Health and Safety (Including Violence Prevention)	4 weeks	Naming local community helpers; studying community health; rules and laws for community health; predicting the effect of no laws; drugs, violence, and gangs in the community; effects of positive and negative group attitudes, communication skills; negotiation and conflict resolution, harassment and bully prevention; community service	2.1.5.CHSS.2; 2.1.5.EH.4; 2.1.5.SSH.3; 2.1.5.SSH.6 2.2.5.LF.5; 2.2.5.MSC.3; 2.3.5.ATD.3; 2.3.5.DSDT.3; 2.3.5.DSDT.4; 2.3.5.DSDT.5; 2.3.5.PS.1



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Self - worth, Mental and Emotional Health	4 weeks	Uniqueness of self and others; positive character traits; values and goals; respecting self and having pride in heritage; grief and loss; respecting different points of view; communication and refusal skills; setting goals for healthy friendships; personal responsibility for health and safety; discrimination and prejudice; self - awareness and self - management	2.1.5.CHSS.3; 2.1.5.EH.1; 2.1.5.EH.2; 2.1.5.EH.3; 2.1.5.EH.4; 2.1.5.PGD.3; 2.1.5.PGD.5; 2.1.5.SSH.4; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.1.5.SSH.7 2.2.5.MSC.6; 2.2.5.MSC.7; 2.2.5.PF.2; 2.2.5.PF.4; 2.3.5.DSDT.3; 2.3.5.HCDM.3; 2.3.5.PS.1; 2.3.5.PS.5
Growth and Development/The Cycle of Family Life	4 weeks	Defining the word family; different types of families; respecting the importance of the family; different family responsibilities and traditions; understanding the role of genes; pride in culture; preventing discrimination; appreciating uniqueness in one's self and others; developing self - worth	2.1.5.EH.2; 2.1.5.PGD.2; 2.1.5.PGD.3; 2.1.5.PGD.4; 2.1.5.PGD.5; 2.1.5.SSH.3; 2.1.5.SSH.4; 2.1.5.SSH.5; 2.1.5.SSH.6; 2.2.5.PF.2; 2.2.5.MSC.7; 2.3.5.PS.1; 2.3.5.PS.4; 2.3.5.PS.5; 2.3.5.PS.6
Substance Abuse Prevention	4 weeks	Defining a drug - free and safe community; rules and laws for medicines and drugs; personal strategies for drug safety; drug addictions (nicotine, alcohol, street drugs, medicines), how values help prevent drug abuse; predicting the consequences of becoming addicted to drugs; practicing refusal skills; set goals for drug - free living	2.1.5.EH.4; 2.1.5.SSH.4; 2.1.5.SSH.6; 2.3.5.ATD.1; 2.3.5.ATD.2; 2.3.5.ATD.3; 2.3.5.DSDT.1; 2.3.5.DSDT.2; 2.3.5.DSDT.3; 2.3.5.DSDT.4; 2.3.5.DSDT.5 2.3.5.HCDM.1; 2.3.5.PS.1; 2.3.5.PS.4
Disease and Illness Prevention	4 weeks	How germs spread; communicable vs. other illnesses; defining epidemic; role of hygiene in illness prevention; the immune system; responsible vs. irresponsible behaviors; vaccines and medicines; using refusal skills; practicing healthy behaviors; signs and symptoms of illness; medicine rules	2.1.5.CHSS.2; 2.1.5.EH.1; 2.1.5.PGD.1; 2.1.5.PGD.2; 2.3.5.HCDM.1; 2.3.5.HCDM.2



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When Bodies Have Challenges	4 weeks	Hearing impairment; cerebral palsy; wheelchairs; learning challenges; asthma; accommodations for disabilities in the community; never share medicine; eczema; showing respect to others with differences	2.1.5.CHSS.1; 2.1.5.CHSS.2; 2.1.5.EH.1; 2.1.5.EH.2; 2.1.5.EH.3; 2.1.5.EH.4; 2.1.5.SSH.3; 2.1.5.SSH.6; 2.2.5.PF.2; 2.3.5.PS.5
Physical Fitness	4 weeks	Bones, joints, and exercise; benefits and enjoyment of exercise; safety rules and injury prevention in organized sports; exercise and play; making goals for fitness; practicing various types of exercises; types of physical activities; fitness pyramid	2.1.5.PGD.1; 2.1.5.SSH.1; 2.1.5.SSH.6; 2.2.5.LF.1; 2.2.5.LF.2; 2.2.5.LF.3; 2.2.5.LF.4; 2.2.5.LF.5; 2.2.5.MSC.1; 2.2.5.MSC.3; 2.2.5.MSC.4; 2.2.5.MSC.5; 2.2.5.MSC.6; 2.2.5.MSC.7; 2.2.5.N.1; 2.2.5.N.3; 2.3.5.PS.1