
3rd Grade Health

Curriculum Guide

Scranton School District

Scranton, PA



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Third Grade Health Curriculum

Prerequisite :

Students will complete the Second Grade Health Education course.

Course Description Here

Third Grade Health Education will be taught by a certified Health and Physical Education Teacher. It will provide students with opportunities to learn about age-appropriate Health related issues critical to living a healthy lifestyle.

**Scranton School District
Curriculum Guide**

Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter

Topic	Resources	CCSS
Nutrition		
Growth Development		
Mental/Emotional/Social Health		

Health will be taught for 60 minutes in the first quarter at the teacher's discretion.

2nd Quarter

Topic	Resources	CCSS
Alcohol, tobacco, and other drug / Growth Development		
Mental/Emotional/Social Health		

Health will be taught for 60 minutes in the second quarter at the teacher's discretion.

**Scranton School District
Curriculum Guide**

3rd Quarter

Topic	Resources	CCSS
Nutrition		
Growth Development		
Mental/Emotional/Social Health		

Health will be taught for 60 minutes in the third quarter at the teacher's discretion.

4th Quarter

Topic	Resources	CCSS
Alcohol, tobacco, and other drug / Growth Development		
Mental/Emotional/Social Health		

Health will be taught for 60 minutes in the fourth quarter at the teacher's discretion.

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Curriculum Guide**

General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	essential questions	Assessments	Suggested Time
Growth and development	10.13B Identify and know the location and function of the major body organs and systems <ul style="list-style-type: none"> ● circulatory ● respiratory ● muscular ● skeletal ● digestive 	Digestive system circulatory system muscular system skeletal system respiratory system	What are the major body systems? What are the functions of te	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	
Nutrition	10.1.3C Explain the role o the food guide pyramid in helping people eat a healthy diet <ul style="list-style-type: none"> ● food groups ● number of servings ● variety of food ● nutrients 	Identify the parts of the plate foods to increase foods to reduce healthy snacks empty calories nutrients benefits of healthy eating	How does food affect your health? What food choices can someone make to improve my health and well-being?	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	
Alcohol, Tobacco, and Drugs	10.1.3D Know age appropriate drug information. <ul style="list-style-type: none"> ● Definition of drugs ● effects of drugs ● proper use of medicine 	Tobacco/nicotine electronic Cigarettes alcohol Products Physical Effects	What are the effects of drugs? What are products that contain drugs?	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	

**Scranton School District
Curriculum Guide**

	<ul style="list-style-type: none"> • Healthy/ Unhealthy risk-taking 				
Mental, emotional, and social health	10.2.3C Identify media sources that influence health and safety.	<p>Social Media: is a series of websites and applications designed to allow people to share content quickly efficiently and in real time</p> <p>If you use a smartphone, tablet, or computer to play games and chat with friends, you may have an online identify. That means you have an identify that is related to how you look, what you do, and what you say when you are using the computer.</p> <p>Rules to follow: Stick to safer sites Guard your passwords limit what you share? Remember that anything put online or post on a site is there forever, even if you try to delete. Do not be mean or embarrass other people online.</p>	<p>What is social media ? Who are you online?</p> <p>How does social media impact health and safety? What can you do to be safe when using social media?</p>		

**Scranton School District
Curriculum Guide**

		<p>Always tell if you see strange or bad online behavior.</p> <p>Be choosy about your online friends.</p>			
Alcohol, tobacco, and drugs	10.2.3C Identify the steps in a decision-making process	<p>Reusal</p> <p>Decision Making</p> <p>Consequence</p> <p>Evaluate</p> <p>Ways to say refuse</p> <ul style="list-style-type: none"> say "no" walk away ignore offer an alternative <p>Interpersonal communication</p>	<p>How does someone refuse or say no to a person/people?</p> <p>What are steps someone can yes to make a decision?</p>		
Mental, emotional m social health	10.3.3C Recognize conflict situations and identity strategies to avoid or resolve. <ul style="list-style-type: none"> ● walk-away ● "i" statement ● refusal ● adult intervention 	<p>Causes of conflict</p> <p>conflict resolution process</p> <ul style="list-style-type: none"> ● state choices ● search for a compromise ● solve ● Interpersonal communication 	<p>What are peaceful?</p> <p>Ways to resolve conflicts ?</p>		

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