

3rd Grade Health

Student Issue #1 – Safe At Home, Safe Away

<u>Lesson</u>	<u>Content</u>
Lesson 1: Safety Sleuths	Knowledge: Define the concept of safety. Value: Demonstrate the importance of safety rules. Life Skill: Practice changing unsafe situations into safe ones. Thinking Skill: Compare and contrast safe and unsafe practices and situations.
Lesson 2: Emergency Planners to the Rescue	Knowledge: Identify true emergencies. Value: Accept responsibility for emergency planning. Life Skill: Generate an appropriate response to an emergency. Thinking Skill: Evaluate emergency situations.
Lesson 3: Take Action	Knowledge: Define the concept of risk and identify possible risky situations at home, at school, and in the community. Value: Increase awareness of individual responsibility for public safety. Life Skill: Practice making good judgments for risky situations. Thinking Skill: Create public service announcements regarding community emergencies.
Lesson 4: Say “NO!” to Danger	Knowledge: Explain how to use refusal skills to say “NO!” Value: Make a personal pledge concerning the use of refusal skills. Life Skill: Role play refusal skills in various unsafe/risky situations. Thinking Skill: Use the Predicting Consequences Skill Steps to judge what would result if refusal skills are not used in certain risky situations.

Student Issue #2 – The Better To See You With

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Eyes-How Do They Work?	<p>Knowledge: Explain the function and operation of the eyes.</p> <p>Value: Perform experiments to develop respect for the complex function of the eyes.</p> <p>Life Skill: Create a model that will replicate the function of the eyes.</p> <p>Thinking Skill: Predict what would happen in the event of various eye injuries.</p>
Lesson 2: What Do We Really “See”?	<p>Knowledge: Explain how all of our senses are involved in what we see.</p> <p>Value: Perform activities to build respect for differences in the way people “see” things.</p> <p>Life Skill: Practice “seeing” new things about people and places around you.</p> <p>Thinking Skill: Analyze your perceptions of other people.</p>
Lesson 3: Eye Problems	<p>Knowledge: List eyesight problems that can occur and describe some common solutions.</p> <p>Value: Perform experiments to develop respect for people with vision problems.</p> <p>Life Skill: Identify professionals who help with eye problems.</p> <p>Thinking Skill: Compare and contrast perfect vision with a variety of common vision problems.</p>
Lesson 4: Protecting Your Eyes	<p>Knowledge: Identify ways your body protects your eyes and ways that you can help.</p> <p>Value: Set responsible standards for eye care.</p> <p>Life Skill: Use the Decision Making Skill Steps to make safe choices to protect your eyes.</p> <p>Thinking Skill: Practice routines for protecting the eyes.</p>

Student Issue #3 – Let’s Eat!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Nutrients and Digestion	Knowledge: Explain how the body uses nutrients to nourish cells by describing the process of digestion. Value: Describe ways of respecting the body through proper nutrition. Life Skill: Explain how to include more nutrients in food choices. Thinking Skill: Create a song, poster, role-play, or story to illustrate how different nutrients affect the body.
Lesson 2: Healthful Food, Less Healthful Food	Knowledge: State the principles and reasons for MyPlate. Value: Develop respect for the role that selecting healthful foods plays in disease prevention. Life Skill: Apply MyPlate to create diverse meal plans. Thinking Skill: Analyze the influences which affect eating habits.
Lesson 3: Food Labels	Knowledge: Explain the importance of food labels in making healthful selections. Value: Create a skit, song, dance, or story to demonstrate respect for the laws regarding food labeling and food handling. Life Skill: Read and interpret food labels. Thinking Skill: Apply the Decision Making Skill Steps to selecting the most healthful foods.
Lesson 4: Helpful Habits	Knowledge: Classify foods in a variety of ways. Value: Describe responsible eating habits. Life Skill: Analyze personal eating habits. Thinking Skill: Create healthier meals through evaluation.

Student Issue #4 – Community Health

<u>Lesson</u>	<u>Content</u>
Lesson 1: Your Community- Keep it Safe!	<p>Knowledge: Describe your community.</p> <p>Value: Respect the importance of laws in your community.</p> <p>Life Skill: Perform some volunteer work to help make your community a safer place to live.</p> <p>Thinking Skill: Compare and contrast a community with and without laws.</p>
Lesson 2: Your Community- Keep it Healthy!	<p>Knowledge: List helpers who keep your community healthy.</p> <p>Value: Through a project, demonstrate a concern for the health of the whole community.</p> <p>Life Skill: Practice healthful behaviors that will directly affect your community.</p> <p>Thinking Skill: Analyze what makes up a healthy community.</p>
Lesson 3: Your Community- Keep it Clean!	<p>Knowledge: Identify pollution problems.</p> <p>Value: Give priority to maintaining a clean environment.</p> <p>Life Skill: Set goals to become involved in keeping your community clean.</p> <p>Thinking Skill: Predict what your community would be like without rules to protect the environment.</p>
Lesson 4: Your Community- Keep It Drug and Violence Free!	<p>Knowledge: Identify how drugs and violence hurt a community.</p> <p>Value: Commit to doing your part to keep your community drug and violence free.</p> <p>Life Skill: Practice refusal skills.</p> <p>Thinking Skill: List different ways people can help prevent violence in the community.</p>

Student Issue #5 – I Like Your Attitude!

<u>Lesson</u>	<u>Content</u>
Lesson 1: Attitudes, Values, and Goals	<p>Knowledge: Define the word attitude and describe the connection between attitudes, values, and goals.</p> <p>Value: Build self-esteem by listing positive attitudes and values.</p> <p>Life Skill: Role-play various scenarios which demonstrate positive and negative attitudes.</p> <p>Thinking Skill: Compare and contrast positive and negative attitudes.</p>
Lesson 2: How Attitudes Affect Your Actions	<p>Knowledge: Describe how your attitude can affect the choices you make about your health.</p> <p>Value: Show your appreciation of others who display a positive attitude by offering recognition and praise to them.</p> <p>Life Skill: Role-play refusal skills in at risk situations.</p> <p>Thinking Skill: Use the Decision Making Steps to make healthy decisions.</p>
Lesson 3: Improving Your Attitude	<p>Knowledge: Develop ways to improve your attitude by identifying an area of needed improvement.</p> <p>Value: Develop responsibility for resolving conflicts peacefully.</p> <p>Life Skill: Practice conflict resolution in a variety of scenarios.</p> <p>Thinking Skill: With your parents, use the Decision Making Steps to decide what steps you could take to improve your attitude toward yourself and others.</p>
Lesson 4: Attitudes at Home, at School, and in the Community	<p>Knowledge: Explain how a group’s “attitudes” will affect the outcome of their group efforts and of others in the community.</p> <p>Value: Identify positive attitudes, values, and skills that can help to prevent violence in the community.</p> <p>Life Skill: Demonstrate a positive attitude in completing a group assignment.</p> <p>Thinking Skill: Compare and contrast two sports teams with different attitudes.</p>

Student Issue #6 – My Family, Your Family

<u>Lesson</u>	<u>Content</u>
Lesson 1: All About Families	Knowledge: Define the word family and identify different types of families. Value: Show how you respect the importance of the family unit. Life Skill: Chart responsibilities within the family for different members. Thinking Skill: Compare and contrast two families with different family traditions.
Lesson 2: Genes-What They Are and What They Do	Knowledge: Explain the role of genes in cell growth and development. Value: Discover reasons to feel pride in individual differences, including your family heritage. Life Skill: Create and follow a set of guidelines that promote anti-discrimination for one week. Thinking Skill: Imagine what the community would be like if everyone were exactly the same.
Lesson 3: A Very Special Person-Me	Knowledge: Name three things which make you special. Value: Indicate why you feel it is important to respect others. Life Skill: Practice initiating a new friendship using goal setting skills. Thinking Skill: Analyze what makes other people “special.”
Lesson 4: Personal Safety	Knowledge: Define <i>child abuse</i> and identify where to go to get help in protecting yourself. Value: Commit to doing everything you can to protect your personal safety. Life Skill: Practice effective ways to say “No!” to those things that threaten your safety. Thinking Skill: Analyze a situation to determine the personal safety rule to use.

Student Issue #7 – Saying NO to Smoking, Drinking, and Drugs

<u>Lesson</u>	<u>Content</u>
Lesson 1: Saying “NO!” to Smoking, Drinking, and Drugs	<p>Knowledge: Discover how to say “NO!” in a threatening or at-risk situation involving smoking, drinking, and drugs.</p> <p>Value: Tell why it is more important to protect yourself than it is to go along with peer and/or adult pressure to take drugs.</p> <p>Life Skill: Practice recognizing drugs and using refusal skills in a variety of scenarios.</p> <p>Thinking Skill: Predict the consequences of giving in to pressure to smoke, drink, or do drugs.</p>
Lesson 2: Drugs and the Law	<p>Knowledge: Restate in your own words laws having to do with smoking, drinking, and drugs.</p> <p>Value: Explain the value of rules and laws.</p> <p>Life Skill: Establish a set of rules for you to keep to protect yourself from drugs.</p> <p>Thinking Skill: Compare the rules you have made for yourself with another student’s rules.</p>
Lesson 3: Addiction	<p>Knowledge: Define the word <i>addiction</i> and explain what it means to be addicted to drugs and how it can happen.</p> <p>Value: Describe how addiction can interfere with your values.</p> <p>Life Skill: Choose a positive value (like being honest, trustworthy, responsible, or caring) and make a plan to put this value into action for health and safety.</p> <p>Thinking Skill: Predict the consequences to the person and his/her family of becoming addicted to drugs.</p>
Lesson 4: Build That Skill	<p>Knowledge: Explain short-term and long-term goals.</p> <p>Value: Define <i>patience</i>, <i>persistence</i>, and <i>commitment</i>, and show how they help you reach a goal.</p> <p>Life Skill: Set a goal to reach for the day and practice patience, persistence, and commitment to reach your goal.</p> <p>Thinking Skill: Apply the Decision Making Skill Steps to setting goals for drug-free living.</p>

Student Issue #8 – Things You Might Catch

<u>Lesson</u>	<u>Content</u>
Lesson 1: Being Sick	Knowledge: Discover how germs spread. Value: List ways that you routinely exercise responsibility in doing everything you can to prevent your germs from spreading to someone else. Life Skill: Practice distinguishing between communicable and noncommunicable diseases. Thinking Skill: Analyze why people are afraid of an epidemic.
Lesson 2: Fighting Diseases	Knowledge: Explain the role of the body's defense system in fighting germs. Value: Show how important you feel it is to take care of your defense system. Life Skill: Establish a health plan regarding the care of your defense system. Thinking Skill: Predict what might happen if you did not have a healthy defense system.
Lesson 3: Keeping Clean and Healthy	Knowledge: Identify ways to keep clean and healthy. Value: Show how feeling concerned about keeping clean and healthy indicates how much you value your own self. Life Skill: Practice proper hygiene skills. Thinking Skill: Compare and contrast a responsible person with an irresponsible person in regard to keeping clean and healthy.
Lesson 4: Medicines	Knowledge: Identify how medicines (including vaccines) help to prevent or cure illnesses. Value: Describe how you would feel if your whole family wasn't able to get vaccines or medicines. Life Skill: Practice saying "NO!" to medicines that are not meant for you. Thinking Skill: Use the Decision Making Skill Steps to choose healthy behaviors that will avoid the possibility of becoming infected with a bloodborne disease.

Student Issue #9 – When Bodies Have Challenges

<u>Lesson</u>	<u>Content</u>
Lesson 1: Body Problems	<p>Knowledge: Describe different kinds of body problems, their causes, and effects.</p> <p>Value: Show respect for people with body problems.</p> <p>Life Skill: Discover the special needs of people with body problems and use problem solving and sensitivity to find ways you can be helpful.</p> <p>Thinking Skill: Compare and contrast major and minor body problems.</p>
Lesson 2: More about Physical Impairments	<p>Knowledge: Define physical impairment and describe the work done by different health professionals to help people with various kinds of physical impairments.</p> <p>Value: Name some ways you can be sensitive to the feelings of a person with a physical impairment.</p> <p>Life Skill: Discover what it is like to do ordinary, everyday things with a physical impairment.</p> <p>Thinking Skill: Compare and contrast being a friend to someone with a physical impairment with being a friend to someone without a physical impairment.</p>
Lesson 3: Living with a Learning Challenge	<p>Knowledge: Explain the different ways that people learn and discover that learning disabilities do not indicate a lack of intelligence.</p> <p>Value: Show how you can be a good friend to someone who does not learn the same way you do for one reason or another.</p> <p>Life Skill: Discover ways that are easier and harder for you to learn, paying attention to special talents and/or problems that you have.</p> <p>Thinking Skill: Compare and contrast your learning style with that of other students in your class.</p>
Lesson 4: Special Needs in the Community	<p>Knowledge: Research and explain what is being done in your community to help people with physical and learning disabilities.</p> <p>Value: Show how you can be a good community citizen by pointing out additional ways that the community can be sensitive to people with special needs.</p> <p>Life Skill: Invent a solution to a problem someone with a physical disability might have.</p> <p>Thinking Skill: Predict the consequences of the community doing nothing to help people with physical and learning disabilities.</p>

Student Issue #10 – Finding Out About Bones

<u>Lesson</u>	<u>Content</u>
Lesson 1: Observing the Skeleton	Knowledge: Explain the functions of the skeleton. Value: Show why you feel the skeleton is important to the other body parts. Life Skill: Practice good posture. Thinking Skill: Compare and contrast various types of skeletons.
Lesson 2: How the Skeletal System Works	Knowledge: Describe how joints help us to move. Value: Tell why you think it is important to protect your skeleton. Life Skill: List ways to care for your skeleton. Thinking Skill: Predict the consequences of not protecting your skeleton.
Lesson 3: The Health Benefits of Exercise	Knowledge: Identify the benefits of exercise. Value: Explain the value of different kinds of exercise. Life Skill: Set goals for keeping your body healthy. Thinking Skill: Analyze the connection between a healthy body and how you feel about yourself.
Lesson 4: Exercise Is Fun	Knowledge: Discover that exercise is fun. Value: Tell why it is important that you enjoy the exercise that you do. Life Skill: Practice exercises with a new twist. Thinking Skill: Create safe rules for exercise.