

Health Education Grade 3 Supplemental Teaching Resources

Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>A1. Explain how individual behaviors and one's family and school influence growth and development</p> <p>E1. Describe internal and external factors that affect friendships and family relationships</p> <p>F1. Identify how culture, family, friends, and media influence positive health practices</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Mental, Emotional and Social Health; Personal and Community Health</p>		
Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>B1. Identify parents, guardians, and trusted adults whom they can discuss the cycle of life</p> <p>E1. Access trusted adults at home, school, who can help with mental, emotional, and social health concerns</p> <p>F1. Recognize individuals who can assist with health-related issues and potentially life threatening health conditions</p> <p>F2. Describe how to access health when feeling threatened</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health</p>		
Student Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>3. Students will demonstrate the ability to use interpersonal</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>B1. Demonstrate how to communicate with parents, guardians, and trusted adults about growth & development</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction,</i></p>

<p>communication and skills to enhance health and avoid or reduce health risks.</p>	<p>B2. Identify how to show respect for individual differences E1. Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries F1. Demonstrate refusal skills to avoid the spread of disease.</p>	<p><i>and Assessment.</i> by Sarah Benes & Holly Alperin (also available for public viewing within the site's LMC)</p>
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Above objective aligned with AASD Content Domain(s):
 Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health

<p>Student Learning Objective</p>	<p>Performance Indicators</p>	<p>Supplemental Teaching Resources</p>
<p>4. Students will demonstrate the ability to use decision-making skills to enhance health.</p>	<p>Performance will be satisfactory when the student is able to: B1. Examine why a variety of behaviors promote healthy growth and development E1. Describe effective strategies to cope with changes within the family E2. Evaluate situations in which a trusted adult should be asked for help F1. Use decision making process to reduce the risk of communicable disease or illness</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin (also available for public viewing within the site's LMC)</p>

Above objective aligned with AASD Content Domain(s):
 Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health

<p>Essential Learning Objective</p>	<p>Performance Indicators</p>	<p>Supplemental Teaching Resources</p>
<p>5. Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>Performance will be satisfactory when the student is able to: E1. Make a plan to help at home and show responsibility as a family member F1. Set a short-term goal for positive health practice</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin (also available for public viewing within the site's LMC)</p>

Above objective aligned with AASD Content Domain(s):

Mental, Emotional and Social Health; Personal and Community Health		
Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>A1. Determine behaviors that promote healthy growth and development</p> <p>B1. Evaluate ways to prevent the transmission of communicable diseases</p> <p>F1. Evaluate effective strategies to cope with fear, stress, anger, loss, and grief in oneself and others</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Growth, Development, and Sexual Health; Mental, Emotional and Social Health</p>		
Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>7. Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>B1. Encourage peers to show respect for others regardless of differences in growth or development</p> <p>B2. Demonstrate the ability to support and respect people with differences</p> <p>B3. Support others in making positive health choices</p> <p>F1. Encourage others to promote a healthy environment</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Personal and Community Health</p>		

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