
Coal City Unit District #1
Third Grade
Health Curriculum

HE.3:1 Students will use effective communication and decision-making skills to understand or resolve conflicts. (IL 23C, 24A)

- HE.3:1-1 Demonstrate and identify ways to resolve a conflict.
- HE.3:1-2 Practice and apply good communication and listening techniques to avoid conflict.
- HE.3:1-3 Discuss rules for communicating in a group situation.
- HE.3:1-4 Express or demonstrate types of nonverbal communication.
- HE.3:1-5 Name or identify components of a healthy and unhealthy relationship.
- HE.3:1-6 Explore and discuss acceptance of others and understand how behavior choices are sometimes different from our own.
- HE.3:1-7 Discuss how a person's poor behavior choices have consequences and identify what those consequences might be.

HE.3:2 Students will examine human body systems and factors that affect growth and development. (IL 23A, 23B, 23D)

- HE.3:2-1 Identify, locate or label different muscles on a depiction of the human body.
- HE.3:2-2 Determine the muscles used when performing specific exercises.
- HE.3:2-3 Determine ways the brain benefits from exercise.
- HE.3:2-4 Determine the responsibilities of the parts of the brain: brain stem, cerebellum, frontal lobe, and parietal lobe.
- HE.3:2-5 Identify the color of oxygen rich blood and differentiate between the colors of oxygen rich and poor blood.
- HE.3:2-6 Identify that a change in your blood's oxygen level makes blood change color in your arteries and veins.
- HE.3:2-7 Identify four of the seven risk factors that may lead to heart disease.
- HE.3:2-8 Identify smoking and not doing cardio exercises as the two most dangerous risk factors for heart disease.
- HE.3:2-9 Identify the 5 changes that take place in the body when the heart and lungs do a lot of work.
- HE.3:2-10 Differentiate between a disease and a virus.
- HE.3:2-11 Identify ways to transmit a virus or germs to another person.
- HE.3:2-12 Categorize 3 diseases and 3 viruses.
- HE.3:2-13 Review what a "drug" is and the differences between prescription and illegal drugs.
- HE.3:2-14 Discuss the fact that tobacco and alcohol use is illegal if you are not the appropriate age or not used in appropriate ways.

HE.3:3 Students will demonstrate understanding of the principles of health promotion, safety or injury. (IL 22A, 22B, 22C, 22D, 24C, 24B)

- HE.3:3-1 Demonstrate proper procedures and techniques used during safety drills including fire, storm and lockdown.
- HE.3:3-2 Demonstrate or identify examples of how to be a safe pedestrian and bicyclist to prevent injury.
- HE.3:3-3 Identify hygiene habits that are used daily, several times per day or every couple of days including hand washing, body and hair cleanliness and dental care.
- HE.3:3-4 Recognize the different types of pollution including air, water, land and noise.
- HE.3:3-5 Identify people within the school who can aid with health-related issues and explain the process/procedures for seeing them.
- HE.3:3-6 Identify or list possible positive and negative effects of health-related choices.
- HE.3:3-7 Identify uncomfortable and dangerous situations as they pertain to strangers, drugs, alcohol, smoking/vaping, verbal, physical and sexual abuse.
- HE.3:3-8 Identify the ramifications of drug, alcohol and tobacco abuse.