

Mount Pleasant Central School District
Grade 3, Health Education



We believe physical education and health is based upon the acquisition of knowledge and skills that are the foundation for a student’s physical, mental and social well being.

How Do Our Choices Affect Our Health? In this course, third grade students will expand their knowledge of health and wellness with a focus on how daily decisions impact their overall well-being. Students will investigate topics such as nutrition, physical activity, emotional regulation, and healthy friendships, while also beginning to recognize the connection between choices and long-term health outcomes. Through engaging discussions, interactive lessons, movement activities, and collaborative projects, students will practice decision-making skills, problem-solving strategies, and respectful communication. Assessment will highlight active participation, the ability to work cooperatively, and the application of health concepts to real-life situations both inside and outside the classroom.

Unit Title	Month	Content	Vocabulary	Standards	Skills	Big Ideas	Assessments
Safety - Home & School	September	Home Alone Safety Playground Safety	Alert Surroundings Chemicals & Cleaners	NYS 2	Awareness	Being safe with your surroundings	Unit Quiz Project
Communities	October	Cities & Towns	Differences & Similarities Community Laws	NYS 2	Pride and impact in your neighborhood	Knowing where you live and go to school	Unit Quiz Project
Attitudes & Values	November	Positive & Negative	Goal Setting Team Building	NYS 1	Morals & Respect	Understanding morals and decisions	Unit Quiz Project
Families	December	Differences Holidays	Traditions Holidays Genes & Traits	NYS 2	Respecting your family and differences	Knowledge of different family structure	Unit Quiz Project
Nutrition	January	Food Pyramid Balance Meals	Grains, Fruits, Vegetables, Protein, Dairy, Others	NYS 1	Making good choices on how to treat your body	Understanding how to be a healthy person	Unit Quiz Project

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			Calories & Nutrients Digestion				
Kindness & Bullying	February	Identify different ways and types of bullying	Tolerance Acceptance	NYS 2	How to prevent and recognize bullying	Responding to bullying situations Being a good classmate	Unit Quiz Project
Bodies with Challenges	March	Students with learning challenges Students with physical challenges	Amplifier Dyslexia Cerebral Palsy	NYS 2	Understanding those with learning and physical differences	Being kind classmates to those students who have challenges	Unit Quiz Project
Respect & Feelings	April	Respecting others, and yourself	Frustration, excited, happy, sadness etc.	NYS 1	How to manage your feelings	Understand your feelings	Unit Quiz Project
Sickness & Germs	May	Colds, Flu, Fever, Strep Throat	Temperature Communicable Non Communicable	NYS 2	Prevention of sicknesses	Being an active healthy person and how to take care of	Unit Quiz Project

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						yourself when you are not feeling well	
Summer Safety	June	Sun Screen Swimming & Lifeguards Camps	Sun Burn Riptides Vacation Safety	NYS 3	How to have a fun and safe summer	Recognize ways to have fun and stay safe on vacation	Unit Quiz Project