

THE GREAT BODY SHOP

GRADE 3 TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety	Nutrition	Functions of the Body	Growth & Development/ The Cycle of Family Life	Disease and Illness Prevention (Including HIV)
<ul style="list-style-type: none"> • Safe at home and away • Responsible safety strategies • Safe environments • Turning unsafe into safe • Identifying emergencies • Understanding the concept of risk • Setting personal goals • Defining child abuse and violence • Practicing personal safety • Using refusal skills • How to be assertive 	<ul style="list-style-type: none"> • All about nutrition and digestion • Reading food labels • Responsible food choices • Nutritional guidelines • Food handling and labeling laws • Thinking patterns that affect eating habits • Ranking foods for energy and nutrients • Testing recipes • Food pyramid • Setting nutritional goals • Identifying influences 	<ul style="list-style-type: none"> • Parts and functions of the eye • Respecting differences in perspective • Practicing seeing new things • Eye problems & protection • Eye care standards • Digestive and immune systems • Cells • Physical impairments • Responsible self care 	<ul style="list-style-type: none"> • Defining the word 'family' • Different types of families • Respecting the importance of the family • Different family responsibilities and traditions • Understanding the role of genes • Pride in culture • Preventing discrimination • Setting goals • Appreciating uniqueness in one's self and others • Developing self worth 	<ul style="list-style-type: none"> • How germs spread • Communicable vs. other illness • Defining 'epidemic' • Role of hygiene in illness prevention • The immune system • Responsible vs. irresponsible behaviors • Vaccines and medicines • Using refusal skills • Practicing healthy behaviors • Signs and symptoms of illness

Substance Abuse Prevention	Community Health & Safety (With Violence Prevention)	Self Worth, Mental and Emotional Health	Environmental and Consumer Health	Physical Fitness
<ul style="list-style-type: none"> • Defining a drug-free and safe community • Rules and laws for medicines and drugs • Personal strategies for drug safety • Drug addiction (nicotine, alcohol, street drugs, medicines) • How values help prevent drug abuse • Predicting the consequences of giving in to drugs • Practicing refusal skills 	<ul style="list-style-type: none"> • Naming local community helpers • Studying community health • Rules and laws for community health • Volunteers • Predicting the effect of no laws • Drugs, violence and gangs in the community • Effects of positive and negative group attitudes • Communication skills • Negotiation and conflict resolution • Harassment and bully prevention • Community service 	<ul style="list-style-type: none"> • Uniqueness of self and others • Positive character traits • Values and goals • Respecting self and having pride in heritage • Grief and loss • Different points of view • Communication and refusal skills • Setting goals for healthy friendships • Personal responsibility for health and safety behaviors • Discrimination and prejudice 	<ul style="list-style-type: none"> • Pollution problems • Clean environments • Environmental protection rules • Food labels • Food handling • Second-hand smoke • Advocating for healthy communities • Accessing health services and products 	<ul style="list-style-type: none"> • The skeleton • Joints • Benefits and enjoyment of exercise • Safety rules and injury prevention in organized sports • Exercise and play • Making goals for fitness • Practicing various types of exercises • Types of physical activities • Fitness pyramid

