

ASD Academic Plan

Health: 3rd Grade

Grade Level: 3rd Grade	<p>Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate knowledge and skills necessary to maintain and improve over-all health and well-being.</p> <p>Overall Goals:</p> <ul style="list-style-type: none"> • To facilitate understanding of fundamental health concepts and disease prevention • To build respect for and promote the health and well-being of one’s self and others through appreciation of positive personal and community health values and good communication skills • To promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills • To provide for the informed use of health related information, products, and services • To build resiliency into the process of growth and development
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p><u>Getting Started</u></p> <p>Class Rules and Responsibilities Health and SEL Getting to Know You Working Together</p> <p style="text-align: center;"><u>Safe At Home, Safe Away</u></p> <p>Safety Sleuths Emergency Planners to the Rescue Take Action Say “NO!” to Danger</p> <p style="text-align: center;"><u>Personal Safety</u></p> <p>My Body is Special Different Types of Touches The Just Say No Steps</p>	<p><u>The Better To See You With</u> Your Eyes – How Do They Work? What Do We Really See? Eye Problems Protecting Your Eyes</p> <p style="text-align: center;"><u>Let’s Eat</u></p> <p>Nutrients and Digestion Healthful Food, Less Healthful Food Food Labels Healthful Habits</p> <p style="text-align: center;"><u>Community Health</u></p> <p>Your Community – Keep It Safe Your Community – Keep It Healthy Your Community – Keep It Clean Your Community – Keep It Drug Free</p>	<p><u>Your Family, My Family</u></p> <p>All About Families Genes – What They Are and What They Do A Very Special Person – Me Personal Safety</p> <p style="text-align: center;"><u>Things You Might Catch</u></p> <p>Being Sick Fighting Disease Keeping Clean and Healthy Medicines</p>	<p><u>Saying No to Smoking, Drinking, and Drugs</u></p> <p>Saying “NO!” to Smoking, Drinking, and Drugs Drugs and the Law Addiction Build That Skill</p> <p style="text-align: center;"><u>Finding Out About Bones</u></p> <p>Observing the Skeleton How the Skeletal System Works The Health Benefits of Exercise Exercise is Fun</p>