California Health

Grade 3

Adopted 2008

Growth and Development

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

- G. Describe the cycle of birth, growth, aging, and death in living things. 1.1.G
- G. Recognize that there are individual differences in growth and development. 1.2.G
- G. Identify major internal and external body parts and their functions. 1.3.G

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

- G. Explain how individual behaviors and one's family and school influence growth and development. 2.1.G

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

- G. Identify parents, guardians, and trusted adults with whom one can discuss the cycle of birth, growth, aging, and death in living things. 3.1.G

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

- G. Demonstrate how to communicate with parents, guardians, and trusted adults about growth and development. 4.1.G
- G. Identify how to show respect for individual differences. 4.2.G

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

- G. Examine why a variety of behaviors promote healthy growth and development. 5.1.G

7: Standard 7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

- G. Determine behaviors that promote healthy growth and development. 7.1.G

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8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

G. Encourage peers to show respect for others regardless of differences in growth and development. 8.1.G

Mental, Emotional, and Social Health

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

M. Describe examples of healthy social behaviors (e.g., helping others, being respectful of others, cooperation, consideration). 1.1.M

M. Describe the importance of assuming responsibility within the family and community. 1.2.M

M. Explain the benefits of having positive relationships with family and friends. 1.3.M

M. Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions. 1.4.M

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

M. Describe internal and external factors that affect friendships and family relationships. 2.1.M

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

M. Access trusted adults at home, at school, and in the community who can help with mental, emotional, and social health concerns. 3.1.M

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

M. Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries. 4.1.M

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

M. Describe effective strategies to cope with changes within the family. 5.1.M

M. Evaluate situations in which a trusted adult should be asked for help. 5.2.M

6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.

M. Make a plan to help at home and show responsibility as a family member. 6.1.M

7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

M. Evaluate effective strategies to cope with fear, stress, anger, loss, and grief in oneself and others. 7.1.M

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M. Discuss suicide-prevention strategies. 7.3.M

8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

M. Promote a positive and respectful school environment. 8.1.M

M. Object appropriately to teasing of peers and family members that is based on personal characteristics. 8.2.M

M. Demonstrate the ability to support and respect people with differences. 8.3.M

Personal and Community Health

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

P. Examine the difference between communicable and noncommunicable diseases. 1.1.P

P. Describe how bacteria and viruses affect the body. 1.2.P

P. Identify positive health practices that reduce illness and disease. 1.3.P

P. Identify life-threatening conditions (e.g., heart attacks, asthma attacks, poisoning). 1.4.P

P. Describe how a healthy environment is essential to personal and community health. 1.5.P

P. Discuss how reducing, recycling, and reusing products make for a healthier environment. 1.6.P

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

P. Identify how culture, family, friends, and media influence positive health practices. 2.1.P

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

P. Recognize individuals who can assist with health-related issues and potentially life-threatening health conditions (e.g., asthma episodes or seizures). 3.1.P

P. Describe how to access help when feeling threatened. 3.2.P

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

P. Demonstrate refusal skills to avoid the spread of disease. 4.1.P

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

P. Use a decision-making process to reduce the risk of communicable disease or illness. 5.1.P

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6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.

P. Set a short-term goal for positive health practices. 6.1.P

7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

P. Evaluate ways to prevent the transmission of communicable diseases. 7.1.P

P. Demonstrate ways to reduce, reuse, and recycle at home, at school, and in the community. 7.2.P

8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

P. Support others in making positive health choices. 8.1.P

P. Encourage others to promote a healthy environment. 8.2.P