

Grade 3

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.

1. Identifying links between healthy choices and personal health; [A.3.1](#)
2. Defining life skills that improve health and wellness; [A.3.2](#)
3. Using goal-setting to practice healthy behaviors; [A.3.3](#)
4. Describing various characteristics of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices; [A.3.4](#)
5. Explaining the difference between childhood communicable and noncommunicable diseases; [A.3.5](#)
6. Identifying the potential sources of environmental factors that affect health; [A.3.6](#)
7. Describing how health can be affected by school and community environments; [A.3.7](#)
8. Identifying common childhood health problems; [A.3.8](#)
9. Identifying situations that require health care; and [A.3.9](#)
10. Identifying body systems and their function including circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous. [A.3.10](#)

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

1. Describing ways family and culture influence personal health practices and behavior; [B.3.1](#)
2. Describing ways that peers influence behavior; [B.3.2](#)
3. Explaining ways the school can support personal health practices and behaviors; [B.3.3](#)
4. Discussing ways the media can influence thoughts, feelings, and health behaviors; [B.3.4](#)
5. Identifying types of technology that influence personal health; and [B.3.5](#)

6. Describing ways that school and community policies promote health and safety. B.3.6

Demonstrate the ability to access valid information, products, and services to enhance health.

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- 1. Giving examples of valid health information, products, and services; and** C.3.1
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- 2. Identifying resources available at home, school, tribe, and community that provide valid health information.** C.3.2
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Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

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- 1. Expressing ways to show respect for self and others, including those of traditional and contemporary American Indian cultures and practices;** D.3.1
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- 2. Identifying verbal and nonverbal refusal skills;** D.3.2
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- 3. Recognizing conflict and applying nonviolent strategies to manage or resolve conflict; and** D.3.3
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- 4. Discussing situations when it is necessary to seek assistance for the health and safety of self and others.** D.3.4
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Demonstrate the ability to use decision-making skills to enhance health and safety.

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- 1. Identifying routine safety and health-related situations;** E.3.1
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- 2. Discussing situations when support is needed in making safety and health-related decisions;** E.3.2
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- 3. Discussing various options to safety and health-related issues or problems;** E.3.3
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- 4. Discussing possible consequences of choices when making safety and health-related decisions; and** E.3.4
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- 5. Identifying outcomes for various safety, healthy, and unhealthy decisions.** E.3.5
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Demonstrate the ability to use goal-setting skills to enhance health.

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- 1. Describing ways to set personal health goals; and** F.3.1
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- 2. Explaining how friends, adults, and resources help in achieving a personal health goal.** F.3.2
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Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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- 1. Describing practices of healthy behaviors toward self and others;** G.3.1
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- 2. Discussing reasons for responsible personal health behaviors; and** G.3.2
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- 3. Identifying healthy and unhealthy behaviors.** G.3.3
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Demonstrate the ability to advocate for personal, family, and community health.

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- 1. Sharing accurate information about a health issue;** H.3.1
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- 2. Encouraging peers to make positive health choices; and** H.3.2
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3. Discussing health-related messages and communication techniques. H.3.3