Nevada Health

Grade 3

Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Personal, Community, and Environmental Health Strand

1. Compare a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.3.1
2. Classify communicable and noncommunicable diseases. 1.PCE.3.2
3. Summarize the importance of treating individuals and communities with respect. 1.PCE.3.3
4. Describe different kinds of family structures. 1.PCE.3.4
5. Define genetics and its relationship to family history and personal health. 1.PCE.3.5

Mental and Emotional Health Strand

1. Define stress, eustress, and distress. 1.ME.3.1
2. Identify how a person expresses stress. 1.ME.3.2

Nutrition and Physical Activity Strand

1. List the six essential nutrients and the sources of each. 1.NP.3.1
2. Understand the daily recommendations of physical activity. 1.NP.3.2

Substance Use and Abuse Strand

1. Identify the purpose of overthe-counter and prescription medications. 1.SUA.3.1
2. Discuss ways alcohol, tobacco, marijuana, and other drugs can harm an individual's physical, mental, and social health. 1.SUA.3.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1. Identify ways to prevent injuries at home, at school, and in the community. 1.SIC.3.1

Personal Safety Strand

1. Explain a person's right to feel comfortable, safe, and respected. 1.PS.3.1
2. Describe abusive behaviors and actions and ways to get help. 1.PS.3.2
3. Identify the steps to report an unsafe situation to a safe/trusted adult when you or someone else needs help. 1.PS.3.3
4. Explain various steps to take if separated or lost from a parent, guardian, or caregiver 1.PS.3.4

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	6 Identify the advantages and disadvantages of communicating using technology and social media. 1.PS.3.6
	Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand 1 Identify the functions of the major body parts using correct anatomical terms. 1.HRS.3.1
Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.	**Strand** 1 Explain healthy and unhealthy ways family, peers, culture, media technology and other factors influence health behaviors. 2.AF.3.1
Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.	**Strand** 1 Identify characteristics of reliable health information, products, and services. 3.AI.3.1
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.	**Strand** 1 Practice appropriate verbal and nonverbal communication to enhance health and to avoid or reduce health risks. 4.IC.3.1 2 Determine which refusal skills to use to avoid or reduce health risks. 4.IC.3.2
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.	**Strand** 1 Identify the steps of the decision making process as related to a health issue. 5.DM.3.1 2 Determine how health-related decisions have consequences for self and others. 5.DM.3.
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance he	**Strand** 1 Differentiate between shortand long-term health goals. 6.GS.3.1 2 Describe how a person can help when assistance is needed to achieve a health goal. 6.GS.3.2

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Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Strand** 1 Demonstrate healthy practices and behaviors to maintain or improve personal health. `7.SM.3.1` 2 Describe a variety of behaviors to avoid or reduce health risks. `7.SM.3.2`
Advocacy: Students will demonstrate the ability to support/promote personal, family, and community health.	**Strand** 1 Demonstrate advocacy for self to make positive health choices. `8.AV.3.1`