

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 over-the-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**
 - 6 Identify the advantages and disadvantages of communicating using technology and social media. **1.PS.3.6**
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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**
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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**
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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**
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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**
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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
health.

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

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