Pennsylvania Health, Safety, & Physical Education

By the end of Grade 3

Adopted 2002

Concepts of Health

A. Stages of Growth and Development

A. Identify and describe the stages of growth and development.
infancy
childhood
adolescence
adulthood
late adulthood 10.1.3.A

B. Interaction of Body Systems

B. Identify and know the location and function of the major body organs and systems.
circulatory
respiratory
muscular
skeletal
digestive 10.1.3.B

C. Nutrition

C. Explain the role of the food guide pyramid in helping people eat a healthy diet.
food groups
number of servings
variety of food
nutrients 10.1.3.C

D. Alcohol, Tobacco and Chemical Substances

D. Know age appropriate drug information.
definition of drugs
effects of drugs
proper use of medicine
healthy/unhealthy risk-taking (e.g. inhalant use, smoking)
skills to avoid drugs 10.1.3.D

E. Health Problems and Disease Prevention

E. Identify types and causes of common health problems of children.
infectious diseases (e.g., colds, flu, chickenpox)
noninfectious diseases (e.g. asthma, hay fever, allergies, lyme disease)
germs
pathogens
heredity 10.1.3.E

Healthful Living

A. Health Practices, Products and Services

A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease. 10.2.3.A

B. Health Information and Consumer Choices

B. Identify health-related information.
signs and symbols
terminology
products and services 10.2.3.B

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Health Information and the Media

C. Identify media sources that influence health and safety. 10.2.3.C

D. Decision-making Skills

D. Identify the steps in a decision-making process. 10.2.3.D

E. Health and the Environment

E. Identify environmental factors that affect health.
pollution (e.g., air, water, noise, soil)
waste disposal
temperature extremes
insects/animals 10.2.3.E

Safety and Injury Prevention

A. Safe/Unsafe Practices

A. Recognize safe/unsafe practices in the home, school and community.
general (e.g., fire, electrical, animals) modes of transportation(e.g., pedestrian, bicycle, vehicular)
outdoor (e.g., play, weather, water)
safe around people (e.g., safe/unsafe touch, abuse, stranger, bully) 10.3.3.A

B. Emergency Responses/Injury Management

B. Recognize emergency situations and explain appropriate responses.
importance of remaining calm
how to call for help
simple assistance procedures how to protect self 10.3.3.B

C. Strategies to Avoid/Manage Conflict

C. Recognize conflict situations and identify strategies to avoid or resolve.
walk away
I-statements
refusal skills
adult intervention 10.3.3.C

D. Safe Practices in Physical Activity

D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down). 10.3.3.D

Physical Activity

A. Physical Activities That Promote Health and Fitness

A. Identify and engage in physical activities that promote physical fitness and health. 10.4.3.A

B. Effects of Regular Participation

B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. 10.4.3.B

C. Responses of the Body Systems to Physical Activity

C. Know and recognize changes in body responses during moderate to vigorous physical activity.
heart rate
breathing rate 10.4.3.C

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Physical Activity Preferences

D. Identify likes and dislikes related to participation in physical activities. 10.4.3.D

E. Physical Activity and Motor Skill Improvement

E. Identify reasons why regular participation in physical activities improves motor skills. 10.4.3.E

F. Physical Activity and Group Interaction

F. Recognize positive and negative interactions of small group activities.
roles (e.g., leader, follower)
cooperation/sharing
on task participation 10.4.3.F

Concepts, Principles and Strategies of Movement

A. Movement Skills and Concepts

A. Recognize and use basic movement skills and concepts.
locomotor movements (e.g., run, leap, hop)
non-locomotor movements (e.g.,bend, stretch, twist)
manipulative movements (e.g., throw, catch, kick)
relationships (e.g., over, under, beside)
combination movements (e.g., locomotor, non-locomotor, manipulative)
space awareness (e.g., self-space, levels, pathways, directions)
effort (e.g., speed, force) 10.5.3.A

B. Motor Skill Development

B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.
form
developmental differences
critical elements feedback 10.5.3.B

C. Practice Strategies

C. Know the function of practice. 10.5.3.C

D. Principles of Exercise/Training

D. Identify and use principles of exercise to improve movement and fitness activities.
frequency/how often to exercise
intensity/how hard to exercise
time/how long to exercise
type/what kind of exercise 10.5.3.D

E. Scientific Principles That Affect Movement

E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.
gravity
force production/absorption
balance
rotation 10.5.3.E

F. Game Strategies

F. Recognize and describe game strategies using appropriate vocabulary.
faking/dodging
passing/receiving
move MOVING to be open
defending space
following rules of play 10.5.3.F