Washington Health and Physical Education

Health: Grade 3

Adopted 2016

Wellness

1. **Dimensions of Health**
   3. Recognize dimensions of health. H1.W1.3
2. **Hygiene**
   3. Demonstrate effective hygiene practices. H7.W2.3
3. **Disease Prevention**
   a. Identify ways pathogens enter the body. H1.W3.3.A
   b. Identify common chronic diseases and allergies. H1.W3.3.B
   c. Explain how common childhood illnesses are treated. H1.W3.3.C
4. **Analyzing Influences**
   3. Describe how media and technology influence health decisions and behaviors. H2.W4.3
5. **Access Valid Information**
   3. Investigate resources from home, school, and community that provide valid health information. H3.W5.3
6. **Communication**
   a. Demonstrate effective refusal skills. H4.W6.3.A
   b. Recognize how to ask for needs. H4.W6.3.B
7. **Decision-Making**
   3. Predict potential short-term outcomes of a health-related decision. H5.W7.3
8. **Goal-Setting**
   3. Identify resources to support achievement of a personal health goal. H6.W8.3

Safety

1. **Injury Prevention**
   a. Identify ways to prevent injuries at home, at school, and in the community. H1.SA1.3.A
   b. Create emergency, fire, and safety plans for home. H1.SA1.3.B

Skip to main content

2. **First Aid**
   b. Identify basic first aid steps. H1.SA2.3.B

3. **Violence Prevention**
   a. Identify potentially violent situations. H1.SA3.3.A
   b. Differentiate between gang, clique, and club. H1.SA3.3.B
   c. Understand impact of violent behavior on others. H1.SA3.3.C

Nutrition

1. **Food Groups and Nutrients**
   a. Create a balanced meal. H1.N1.3.A
   b. Define nutrient. H1.N1.3.B
   c. List six nutrients: carbohydrates, fats, proteins, vitamins, minerals, water. H1.N1.3.C

2. **Beverages**
   3. Explain importance of choosing healthy beverages. H1.N2.3

3. **Label Literacy**
   a. Identify types of information on a Nutrition Facts label. H1.N3.3.A
   b. Understand importance of reading a Nutrition Facts label. H1.N3.3.B

4. **Caloric Intake and Expenditure**
   a. Distinguish between different energy sources: proteins, fats, carbohydrates. H1.N4.3.A
   b. Understand the relationship between caloric intake and expenditure. H1.N4.3.B

5. **Disease Prevention**
   a. Identify foods that are high in sodium and added sugars. H1.N5.3.A
   b. Describe benefits of limiting consumption of sodium and added sugars. H1.N5.3.B
   c. Describe benefits of consuming fruits, vegetables, and whole grains. H1.N5.3.C

6. **Nutritional Planning**
   3. Identify how peers, media, and technology influence food and beverage choices and eating behaviors. H2.N6.3
   3. Identify reliable resources that promote healthy eating. H3.N6.3
   3. Develop a healthy eating goal. H6.N6.3
   3. Demonstrate effective refusal skills to limit unhealthy food choices and promote healthy eating. H4.N6.3

Skip to main content

Se **Anatomy and Physiology**

3. Recognize medically accurate names for body parts, including internal and external reproductive anatomy. H1.SE1.3

2. Growth and Development

3. Understand puberty is part of the process of growth and development. H1.SE2.3

3. Reproduction

3. Understand humans can reproduce. H1.SE3.3

5. Self-Identity

a. Explain that gender roles can vary considerably. H1.SE5.3.A

b. Understand importance of treating others with respect regarding gender identity. H1.SE5.3.B

6. Healthy Relationships

a. List characteristics of healthy and unhealthy friendships. H4.SE6.3.A

a. Identify trusted adults to communicate with about relationships. H1.SE6.3.A

b. Identify positive ways to communicate differences of opinion while maintaining relationships. H4.SE6.3.B

b. Understand that a child is not at fault if an unwanted touch occurs. H1.SE6.3.B

Social Emotional Health

1. Self-Esteem

a. Define self-esteem. H1.SO1.3.A

b. Identify characteristics of healthy self-esteem. H1.SO1.3.B

c. Understand self-esteem can be enhanced by working through challenges. H1.SO1.3.C

2. Body Image

3. Identify positive and negative influences on body image. H2.SO2.3

3. Stress Management

3. Identify strategies to manage personal stress. H7.SO3.3

a. Explain how the body reacts to stress. H1.SO3.3.A

b. Identify personal stressors. H1.SO3.3.B

4. Expressing Emotions

a. Describe importance of being aware of one's own feelings. H1.SO4.3.A

b. Identify characteristics of self-control. H1.SO4.3.B

5. Harassment, Intimidation, and Bullying

Skip to main content

3. Demonstrate how to respond appropriately to bullying or teasing. H4.SO5.3

3. Identify benefits of intervening and disadvantages of being a bystander. H8.SO5.3

3. Recognize harassment and intimidation. H1.SO5.3

Substance Use and Abuse

1. **Use and Abuse**
   a. Compare and contrast prescription and over-the-counter medicines with harmful drugs. H1.SU1.3.A
   b. Understand commonly used terms for marijuana. H1.SU1.3.B
   3. Identify how family, school, and community influence decisions related to tobacco, alcohol, and marijuana. H2.SU1.3

2. **Effects**
   3. Describe effects of tobacco, secondhand smoke, alcohol, and marijuana. H1.SU2.3

3. **Prevention**
   3. Describe verbal and nonverbal communication skills to avoid tobacco, alcohol, and marijuana. H4.SU3.3
   3. Identify situations and potential outcomes of decisions related to tobacco, alcohol, and marijuana. H5.SU3.3