

ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- GRADE THREE

<p>Course Description</p> <p>Students continue to explore the 10 areas of health including: Injury Prevention & Personal Safety, Nutrition, Functions of the Body, Growth & Development, Illness Prevention, Substance Abuse Prevention, Community Health & Safety, Self worth, Mental and Emotional Health, Environmental & Consumer Health and Physical Fitness. Students are asked to take responsibility for learning about and making healthy choices in their everyday life. They also practice refusal and decision making skills that will lead to a more productive and healthier life.</p>	
<p>Essential Questions</p> <ul style="list-style-type: none"> •Who are the trusted adults in our life? •What are rules for safety before and during emergency? •In what ways do eyes “see”? •What are ways to keep our bodies healthy? •What are ways to keep our community healthy? •How do attitudes affect healthy choices? •How are people and families the same and how are they different? 	
<p>Curriculum Topics</p> <ul style="list-style-type: none"> •Safe at Home, Safe Away •The Better To See You •Let’s Eat •Community Health •I Like Your Attitude •Your Family, My Family •Saying No To Smoking, Drinking and Drugs •Things You Might Catch •When Bodies Have Problems •Finding Out About Bones •Child Assault Prevention (CAP) •Tobacco 	<p>Benchmarks</p> <ul style="list-style-type: none"> •Define physical impairment and discover the special needs of people with body problems. •Explain the value of different kinds of exercise. •Apply the Decision-Making steps to select the most healthful foods. •Use the decision-making steps to decide what steps you could take to improve your attitude toward yourself & others. •Recognize and identify different types of families and resources that support them. •Demonstrate conflict resolution skills in a variety of scenarios. •Choose healthy behaviors that will prevent the spread of germs. •Identify, evaluate and respond to emergencies safely. •Establish rules to protect you from abuse of substances.