

Grade 3

Scope/Sequence	Standards Addressed	Key Ideas, Terms, and Concepts:
<p><u>Lesson 1:</u> Avoiding germs to stay healthy</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">• Describe ways that common infectious diseases are transmitted.• Describe ways to prevent the spread of germs that cause infectious diseases.• Explain how handwashing and covering a cough and sneeze are effective ways to prevent many infectious diseases.• Describe the importance of seeking help and treatment for common infectious diseases.
<p><u>Lesson 2:</u> Expressing feelings in a healthy way</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">• Describe the relationship between feelings and behavior.• Describe appropriate ways to express and deal with emotions.• Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others.• Explain the importance of talking with parents and other trusted adults about feelings.
<p><u>Lesson 3:</u> Self image and self esteem</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">• Describe how people are similar and different.• Identify characteristics that make them unique or special.• Identify characteristics of someone who has self-respect.

<p><u>Lesson 4:</u> Bullying vs. conflict</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">● Identify the difference between conflict and bullying.● Demonstrate how to effectively ask for help to prevent bullying.● Demonstrate how to persuade others to prevent bullying.
<p><u>Lesson 5:</u> Bike safety</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">● Identify safety rules for riding a bicycle and other wheeled equipment.● Identify activities in which it is important to wear a helmet.● Identify the proper way to wear a helmet.● Identify situations which need a decision related to bicycle safety.● Explain the potential positive and negative outcomes from a decision related to bicycle safety.
<p><u>Lesson 6:</u> Healthy eating</p>	<p>1, 2, 3</p>	<ul style="list-style-type: none">● Explain body signals that tell people when they are hungry and when they are full.● Describe the benefits of healthy eating.● Identify foods that are high in fat and low in fat.● Identify foods that are high in added sugars.● Identify foods that are high in sodium.● Describe the benefits of limiting the consumption of solid fat, added sugar, and sodium.

<p style="text-align: center;"><u>Lesson 7:</u></p> <p>Water and other healthy drink choices</p>	<p style="text-align: center;">1, 2, 3</p>	<ul style="list-style-type: none">● Identify nutritious and non-nutritious beverages.● Describe the benefits of drinking plenty of water, including before, during and after physical activity.● Assess and make a plan to maintain or improve their water-drinking habits.
<p style="text-align: center;"><u>Lesson 8:</u></p> <p>Dangers of tobacco (nicotine)</p>	<p style="text-align: center;">1, 2, 3</p>	<ul style="list-style-type: none">● Identify a variety of tobacco products.● Identify short-term effects of using tobacco.● Identify short- and long-term physical effects of being exposed to tobacco smoke.● Identify a variety of electronic cigarettes.● Encourage peers to be tobacco free.