

## Third Grade Health – 2014 – Year at a Glance

**Course Description:** This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

**Overall Goals:**

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p><b>GBS (1) Safe at Home, Safe Away</b>                      L1. Safety Sleuths                      L2. Emergency Planners to the Rescue                      L3. Take Action                      L4. Say “No!” to Danger</p> <p><b>GBS (4) Community Health</b>                      L1. Your Community – Keep it Safe                      L2. Your Community – Keep it Healthy                      L3. Your Community – Keep it Clean                      L4. Your Community – Keep it Drug Free and Violence Free</p> <p><b>GBS (6) My Family, Your Family</b>                      L4. Personal Safety*                          - Activities 19,20, 21                      *Required</p> <p><b>Common Sense Media</b>   <a href="#">Rings of Responsibility</a> and  <a href="#">Taking Safety Online</a></p>	<p><b>GBS (2) The Better to See You With</b>                      L1. Your Eyes – How Do They Work                      L2. What Do We Really “See”                      L3. Eye Problems                      L4. Protecting Your Eyes</p> <p><b>GBS (3) Let’s Eat</b>                      L1. Nutrients and Digestion                      L2. Healthful Food, Less Healthful Food                      L3. Food Labels                      L4. Helpful Habits</p>	<p><b>GBS (6) My Family, Your Family</b>                      L1. All About Families                      L2. Genes – What They Are and What They Do                      L3. A very Special Person – Me</p> <p><b>GBS (9) When Bodies Have Problems</b>                      L1. Body Problems                      L2. More about Physical Impairments                      L3. Living with a Learning Challenge                      L4. Special Needs in the Community</p> <p><b>Common Sense Media</b>  <a href="#">Private and Personal Info.</a> and  <a href="#">Strong Passwords</a></p>	<p><b>GBS (5) I Like Your Attitude</b>                      L1. Attitudes, Values and Goals                      L2. How Attitudes Affect Your Actions                      L3. Improving Your Attitude                      L4. Attitudes at Home, School and the Community</p> <p><b>GBS (7) Saying NO to Smoking, Drinking, and Drugs</b>                      L1. Saying “NO!” to Smoking, Drinking and Drugs                      L2. Drugs and the Law                      L3. Addiction                      L4. Build That Skill</p> <p><b>GBS (8) Things You Might Catch</b>                      L1. Being Sick                      L2. Fighting Diseases                      L3. Keeping Clean and Healthy                      L4. Medicines</p>