

PETERS TOWNSHIP SCHOOL DISTRICT

CORE BODY OF KNOWLEDGE

HEALTH

GRADE 3

For each of the units that follow, students may be asked to understand, apply, analyze, evaluate, or create the particular concepts being taught.

COURSE DESCRIPTION:

This course will teach beginning concepts regarding health awareness and practices. Major units of study include healthy decisions, conflict resolution, nutrition, emergencies, and the digestive system.

STUDY SKILLS:

- Active listening
- Questioning to clarify

1. HEALTHY DECISIONS & EMERGENCIES

- Identify emergencies
- Identify steps to take in an emergency
- Define "first aid"
- Recall first aid precautions
- Create a first aid kit for home or school
- Define "responsible decision"
- Identify self as the primary decision maker for day-to-day healthy choices
- List and apply the steps of the decision-making process
- Identify resistance skills
- Hypothesize various outcomes to a given decision
- Role play resistance skills

2. CONFLICT RESOLUTION

- Define "relationship," "communication," and "conflict"
- Name ways to show you are listening to a speaker
- List conflict resolution steps
- Categorize types of communication
- Apply the steps of conflict resolution
- Brainstorm ways to get along with others
- Deduce how to deal with peer pressure in a given situation

3. DIGESTIVE SYSTEM

- Name the organs of the digestive system.
- List the jobs of each organ of the digestive system.
- Sequence the order of the path of food through the digestive system.
- Diagram the digestive system organs.

4. NUTRITION

- List the six nutrient groups and state their use in the body.
- List the food groups.
- Recognize the MyPlate symbol.
- Categorize foods according to their group.
- Create a healthy, balanced meal.
- Match foods to the appropriate nutrient they provide.

MATERIALS:

Health & Wellness, Macmillan/McGraw-Hill, Teacher's Edition, 3

Health & Wellness, Macmillan/McGraw-Hill, Health Masters, 3

Health & Wellness, Macmillan/McGraw-Hill, Assessments, 3

DARE program

Revised September 2014