

HEALTH

GRADE THREE

STANDARDS

Nevada Grades K-12 Content Standards

- 1.0 Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- 2.0 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 3.0 Students will demonstrate the ability to access reliable health information, products and services to enhance health.
- 4.0 Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.
- 5.0 Students will demonstrate the ability to use decision-making skills to enhance health.
- 6.0 Students will demonstrate the ability to use goal-setting skills to enhance health.
- 7.0 Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.
- 8.0 Students will demonstrate the ability to support/promote family, personal, and community health.

ESSENTIAL CONCEPTS, SKILLS, AND EXPERIENCES

PERSONAL HEALTH

It is expected that students will:

- (3) 1.1 describe characteristics of mental, emotional, social, and physical health during childhood
- (3) 1.2 demonstrate and model effective verbal and non-verbal communication skills
- (3) 1.3 discuss and identify healthy ways of expressing emotions
 - play a sport
 - write in a journal
 - watch a funny movie
 - talk to a friend or relative
- (3) 1.4 demonstrate decision-making processes to resolve identified health issues and problems
- (3) 1.5 set an individual health goal and record progress

GROWTH AND DEVELOPMENT

It is expected that students will:

- (3) 2.1 identify major organs and categorize them by body systems
 - stomach - digestive system
 - heart - circulatory system

HEALTH GRADE THREE (continued)

NUTRITION AND PHYSICAL ACTIVITY

It is expected that students will:

- (3) 3.1 describe a balanced diet and how it relates to good health
- (3) 3.2 plan a healthy meal using the food pyramid
- (3) 3.3 discuss nutrition practices in various cultures around the world
 - types of foods eaten
 - eating practices
 - amount of food consumed
- (3) 3.4 identify and demonstrate healthy components of an active lifestyle
 - getting at least 30 minutes a day of physical activity
 - staying flexible
 - staying hydrated
 - having fun
 - getting enough sleep

SUBSTANCE ABUSE PREVENTION

It is expected that students will:

- (3) 4.1 identify how tobacco and alcohol affects the body
 - tobacco
 - increases heart rate
 - causes breathing problems
 - causes heart disease
 - increases wrinkles
 - alcohol
 - decreases heart rate
 - slurs speech
 - slows reflexes
- (3) 4.2 explain how common medications can affect the way a person makes decisions or performs tasks
 - depressants slow down functions of the body systems
 - stimulants increase functions of the body systems
 - may impair judgement
- (3) 4.3 identify persuasive techniques used in advertising and discuss the impact on the consumer
 - repetition – idea is repeated over and over
 - testimonial – using words of an expert
 - card stacking - telling one side of the story
- (3) 4.4 identify and demonstrate refusal skills when confronted by various sources with unhealthy situations including alcohol, tobacco, unknown substances, prescriptions, and over the counter medications
 - say, “no thanks.”
 - be a broken record
 - give a reason
 - walk away/ignore

HEALTH GRADE THREE (continued)

- change the subject or suggest doing something else
- assert yourself

SAFETY

It is expected that students will:

- (3) 5.1 recite name, address, and phone number, and understand when and why to call 9-1-1
- (3) 5.2 model safety measures to practice at home, school, and in the neighborhood, when riding on or in a vehicle
 - obey traffic signals
 - wear safety equipment
 - wear seat belt
 - look both ways before crossing the street
 - use cross walks
 - wear bicycle helmet
 - obey traffic rules
 - use bicycle safety measures
- (3) 5.3 identify first aid procedures for common emergencies
- (3) 5.4 identify first aid procedures for common emergencies

DISEASE PREVENTION

It is expected that students will:

- (3) 6.1 discuss how contagious and non-contagious diseases are transmitted and prevented (reference NRS 389.065)
 - colds
 - asthma
 - chicken pox
 - ring worm
 - lice
 - HIV/AIDS
- (3) 6.2 understand the consequences of positive and negative personal health behaviors in preventing illness and disease
 - exercise
 - nutrition
 - relaxation
 - sleep
 - hand washing
 - using sun block
 - excessive time spent on television, video games, or computer
- (3) 6.3 identify basic skills for managing illness and stress
 - exercise
 - music
 - doctor and dentist visit

HEALTH GRADE THREE (continued)

- (3) 6.4 identify health care workers in your community and determine when to ask them for assistance in making health related decisions and in setting health goals
- dentist
 - pediatrician
 - ophthalmologist/optometrist
 - dietician

ENVIRONMENTAL/CONSUMER HEALTH

It is expected that students will:

- (3) 7.1 identify behaviors which may affect the environment
- littering
 - smoking
 - not recycling
 - driving automobiles
 - pollution
- (3) 7.2 encourage others to make healthy environmental choices
- (3) 7.3 explain how the media influences decisions on health products and services
- persuasive advertising
 - using actors/actresses and athletes as product sponsors
- (3) 7.4 describe the importance of protecting oneself against environmental elements
- apply sunscreen
 - consume water