

Pequannock Township School District

Curriculum Syllabus

Health- Grade 3

Course Description:

A quality Health Education program supports students through the intellectual and social development. When students make healthy choices, the environment and opportunities for learning also increases. This program will promote safe living and develop knowledge and skills necessary for mental, social, and physical well-being. Students will:

- Students will be introduced to areas including: Injury Prevention and Personal Safety, Nutrition, Functions of the Body, Growth and Development, Illness Prevention, Substance Abuse Prevention, Community Health and Safety, Self Worth and Mental and Emotional Health.
- Students will understand what it means to be healthy and how they can stay healthy.
- Students will be able to identify personal long-term goals.

Course Standards:

The following is a list of NJSLS that describe what students are expected to know and be able to do as a result of successfully completing this course. The following NJSLS are the basis of the assessment of student achievement. The learner will demonstrate mastery of:

Personal Growth and Development- The dimensions of wellness are interrelated and impact overall personal well-being.

- 2.1.4.A.1 Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.
- 2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems.

Staying healthy is a lifelong process that includes all dimensions of wellness.

- 2.1.6.A.1 Explain how health data can be used to assess and improve each dimension of personal wellness.
- 2.1.6.A.2 Relate how personal lifestyles habits, environment, and heredity influence growth and development in each life stage.

Nutrition- Choosing a balanced variety of nutritious foods contributes to wellness.

- 2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
- 2.1.4.B.2 Differentiate between healthy and unhealthy eating practices.
- 2.1.4.B.3 Create a healthy meal based on nutritional content, value, calories, and cost.

- 2.1.4.B.4 Interpret food product labels based on nutritional content.

Eating patterns are influenced by a variety of factors.

- 2.1.6.B.1 Determine factors that influence food choices and eating patterns.
- 2.1.6.B.2 Summarize the benefits and risks associated with nutritional choices, based on eating patterns.

Disease and Health conditions- The use of disease prevention strategies in home, school, and community promotes personal health.

- 2.1.4.C.1 Explain how most diseases and health conditions are preventable.
- 2.1.4.C.2 Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls prevent diseases and health conditions.
- 2.1.4.C.3 Explain how mental health impacts one's wellness.

The early detection and treatment of diseases and health conditions impact one's health.

- 2.1.6.C.1 Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.

Fitness and Physical Activity- Each component of fitness contributes to personal health as well as motor skill performance.

- 2.6.4.A.1 Determine the physical, social, emotional, and intellectual benefits of regular physical activity.
- 2.6.4.A.4 Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.

Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

- 2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.
- 2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

Decision- Making and Goal Setting- Many health-related situations require the application of a thoughtful decision-making process.

- 2.2.4.B.1 Use the decision-making process when addressing health-related issues.
- 2.2.4.B.2 Differentiate between situations when a health-related decision should be made independently or with the help of others.
- 2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.

Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.

- 2.2.6.B.1 Use effective decision-making strategies.
- 2.2.6.B.2 Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

Medicines- Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.

- 2.3.4.A.1 Distinguish between over-the-counter and prescription medicines.
- 2.3.4.A.2 Determine possible side effects of common types of medicines.

Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.

- 2.3.6.A.1 Compare and contrast short- and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal and medicinal supplements.

Alcohol, Tobacco, and other Drugs- Use of drugs in unsafe ways is dangerous and harmful.

- 2.3.4.B.1 Explain why it is illegal to use or possess certain drugs/substances and the possible consequences.
- 2.3.4.B.2 Compare the short- and long-term physical effects of all types of tobacco use.
- 2.3.4.B.3 Identify specific environments where second-hand/passive smoke may impact the wellness of nonsmokers.
- 2.3.4.B.4 Summarize the short- and long-term physical and behavioral effects of alcohol use and abuse.
- 2.3.4.B.5 Identify the short- and long- term physical effects of inhaling certain substances.

There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.

- 2.3.6.B.1 Explain the system of drug classification and why it is useful in preventing substance abuse.
- 2.3.6.B.2 Relate tobacco use and the incidence of disease.
- 2.3.6.B.3 Compare the effect of laws, policies, and procedures on smokers and nonsmokers.

Dependency, Addiction, and Treatment- Substance abuse is caused by a variety of factors.

- 2.3.4.C.1 Identify signs that a person might have an alcohol, tobacco, and/or drug use problem.
- 2.3.4.C.2 Differentiate between drug use, abuse, and misuse.
- 2.3.4.C.3 Determine how advertising, peer pressure, and home environment influence children and teenagers to experiment with alcohol, tobacco, and other drugs.

Substance abuse is caused by a variety of factors.

- 2.3.6.C.1 Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.
- 2.3.6.C.2 Explain how wellness is affected during the stages of drug dependency/addiction.

Relationships- The family unit encompasses the diversity of family forms in contemporary society.

- 2.4.4.A.1 Explain how families typically share common values, provide love and emotional support, and set boundaries and limits.
- 2.4.4.A.2 Explain why healthy relationships are fostered in some families and not in others.

Healthy relationships require a mutual commitment.

- 2.4.6.A.1 Compare and contrast how families may change over time.
- 2.4.6.A.2 Analyze the characteristics of healthy friendships and other relationships.
- 2.4.6.A.3 Examine the types of relationships adolescents may experience.

Sexuality- Puberty is the period of sexual development, determined primarily by heredity, in which the body becomes physically able to produce children.

- 2.4.4.B.1 Differentiate the physical, social, and emotional changes occurring at puberty and explain why puberty begins and ends at different ages.

Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.

- 2.4.6.B.1 Compare growth patterns of males and females during adolescence.
- Responsible actions regarding sexual behavior impact the health of oneself and others.
- 2.4.6.B.2 Summarize strategies to remain abstinent and resist pressures to become sexually active.

Pregnancy and Parenting- Knowing the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.

- 2.4.4.C.1 Explain the process of fertilization and how cells divide to create an embryo/fetus that grows and develops during pregnancy.

The health of the birth mother impacts the development of the fetus.

- 2.4.4.C.2 Relate the health of the birth mother to the development of a healthy fetus.

Knowing the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.

- 2.4.6.C.1 Summarize the sequence of fertilization, embryonic growth, and fetal development during pregnancy.
- 2.4.6.C.2 Identify the signs and symptoms of pregnancy.

Safety- Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.

Applying first-aid procedures can minimize injury and save lives.

- 2.1.4.D.1 Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).

- 2.1.4.D.2 Summarize the various forms of abuse and ways to get help.
- 2.1.4.D.3 Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.
- 2.1.4.D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.

- 2.1.6.D.1 Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.
- 2.1.6.D.2 Explain what to do if abuse is suspected or occurs.

Social and Emotional Health- Many factors at home, school, and in the community impact social and emotional health. Stress management skills impact an individual's ability to cope with different types of emotional situations.

- 2.1.4.E.1 Compare and contrast how individuals and families attempt to address basic human needs.
- 2.1.4.E.2 Distinguish among violence, harassment, gang violence, discrimination, and bullying and demonstrate strategies to prevent and resolve these types of conflicts.
- 2.1.4.E.3 Determine ways to cope with rejection, loss, and separation.
- 2.1.4.E.4 Summarize the causes of stress and explain ways to deal with stressful situations.

Social and emotional development impacts all components of wellness.

- 2.1.6.E.1 Examine how personal assets and protective factors support healthy social and emotional development.

Interpersonal Communication- Effective communication may be a determining factor in the outcome of health- and safety-related situations. Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.

- 2.2.4.A.1 Demonstrate effective interpersonal communication in health- and safety-related situations.
- 2.2.4.A.2 Demonstrate effective interpersonal communication when responding to disagreements or conflicts with others.

Effective communication may be a determining factor in the outcome of health- and safety-related situations.

- 2.2.6.A.1 Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

Character Development- Personal core ethical values impact the health of oneself and others. Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect, and violence.

- 2.2.4.C.1 Determine how an individual's character develops over time and impacts personal health.
- 2.2.4.C.2 Explain why core ethical values (such as respect, empathy, civic mindedness, and good citizenship) are important in the local and world community.

- 2.2.4.C.3 Determine how attitudes and assumptions toward individuals with disabilities may negatively or positively impact them.

Advocacy and Service- Service projects provide an opportunity to have a positive impact on the lives of self and others. Participation in social and health- or service-organization initiatives have a positive social impact.

- 2.2.6.D.1 Appraise the goals of various community or service-organization initiatives to determine opportunities for volunteer service.

Health Services and Information- Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.

- 2.2.4.E.1 Identify health services and resources provided in the school and community and determine how each assists in addressing health needs and emergencies.
- 2.2.4.E.2 Explain when and how to seek help when experiencing a health problem.
- Health literacy includes the ability to compare and evaluate health resources.
- 2.2.6.E.1 Determine the validity and reliability of different types of health resources.

Scope and Sequence

Unit Plan I: Personal Growth/Wellness	10 Weeks
Unit Plan II: Alcohol, Tobacco, and other Drugs	10 Weeks
Unit Plan III: Family Life	10 Weeks
Unit Plan IV: Community Health Skills	10 Weeks

Assessments

Evaluation of student achievement in this course will be based on the following:

- Classroom Observations, Class Discussion, Writing Assessments, Rubrics, Projects

Curriculum Resources

www.kidshealth.org

<http://www.csun.edu/science/health/>

www.myfoodplate.org

http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=929#.V6xqj64_U7A

<http://www.csun.edu/science/health/>

www.pecentral.org

<https://www.walkandrollpeel.ca/health/tobacco/toolkit/lessons/fortuneteller-instruc.htm>

Home and School Connection

The following are suggestions and/or resources that will help parents support their children:

- Promote eating healthy foods
- Promote a healthy lifestyle including exercise
- Assist with teaching your child about the negatives of alcohol and tobacco
- Promote good character education including spreading kindness