

**HEALTH
GRADE 3
CURRICULUM MAP**

| 1st Nine Weeks | 2nd Nine Weeks |
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| <p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none"> • Understands the influence of rest, food choices, exercise, sleep, and recreation on a person’s well-being. • Knows common health problems that should be detected and treated early. • Knows behaviors that are safe, risky, or harmful to self and others. | <p>1. Knows the availability and effective use of health services, products, and information.</p> <ul style="list-style-type: none"> • Knows general characteristics of valid health information and health-promoting products and services (e.g., provided by qualified health-care workers; supported by research). • Knows various community agencies that provide health services to individuals and families (e.g., HMOs, public health clinics, mental health clinics, substance abuse treatment centers). • Knows a variety of consumer influences and how those influences affect decisions regarding health resources, products, and services (e.g., media, information from school and family, peer pressure). |

**HEALTH
GRADE 3
CURRICULUM MAP**

| 3rd Nine Weeks | 4th Nine Weeks |
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| <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none">• Knows basic first aid procedures appropriate to common emergencies in home, school, and community (e.g., proper responses to breathing and choking problems, bleeding, shock, poisonings, minor burns; universal precautions to be taken when dealing with other people's blood).• Knows the difference between positive and negative behaviors used in conflict situations.• Knows some non-violent strategies to resolve conflicts. | <p>4. Knows how to maintain mental and emotional health.</p> <ul style="list-style-type: none">• Knows the relationships between physical health and mental health.• Knows common sources of stress for children and ways to manage stress.• Knows how mood changes and strong feelings affect thoughts and behavior, and how they can be managed successfully.• Knows behaviors that communicate care, consideration and respect of self and others (including those with disabilities or handicapping conditions). |