

Curriculum

CONTENT AREA:	HEALTH	GRADE LEVEL:	3
MLR CONTENT STANDARD:	A. HEALTH CONCEPTS: Students will understand health promotion and disease prevention concepts.		
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS			
(1) Nutrition Ed. (2) Pers. Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
		(9) Environmental Health (10) Prevention & Control of Disease & Disorders	
MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	HEALTH CONTENT AREA
		COMMON ASSESSMENT	
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A1	Describe the relationship between healthy practice and personal health; e.g. eating well and exercise.	R	(2)
A1	Check food labels with parents to identify healthy food choices.	I	(6)
A2	Identify strategies to deal with stress and to communicate in healthy ways.	R	(2)
A3	Describe how healthy food choices promote the health of the human body systems.	R, E	(1)
A3	Describe basic structures and function of skeletal, muscle, respiratory, digestive, and cardiovascular systems.	I, E	(4)
A4	Identify common communicable and non-communicable childhood diseases and the importance of early treatment.	I	(10)

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR CONTENT STANDARD:	B. HEALTH INFORMATION, SERVICES, AND PRODUCTS: Students will know how to acquire valid information about health issues, services, and products.																
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B1	Identify healthy information found on food labels	I	(6)														
B2	Strategize in groups ways to locate school and community health helper.	R	(8)														
B3	Identify school and community agencies/helpers who promote help.	R	(9)														
B3	Identify community agencies that protect and promote environmental health.	I	(9)														

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MLR CONTENT STANDARD:	C. HEALTH PROMOTION AND RISK REDUCTION: Students will understand how to reduce their health risks through the practice of healthy behaviors.		
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C1	Compare behaviors that are safe ways to deal with conflict.		(2)
C1	Identify the risks and harmful effects of using alcohol, tobacco, and illegal drugs.	I, R	(7)
C2	Develop safety and injury presentation strategies in the area of bike, fire, water, car and bus safety.	R, E	(5)
C3	Demonstrate basic care of the skeletal, muscular, respiratory, digestive, and cardiovascular systems.	R, E	(4)
C4	Identify stressors in their life and demonstrate safe and healthful ways to deal with stress.	I	(2)
C4	Demonstrate healthful and safe ways to deal with conflict.	I	(2)

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MLR CONTENT STANDARD:	D. INFLUENCES ON HEALTH: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.		
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MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	HEALTH CONTENT AREA COMMON ASSESSMENT
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D1	Identify factors of early Westbrook settlers' lifestyles that influenced their health.	I	(8)
D2	Identify characteristics of valid and invalid health information given on TV food advertising.	I	(6)
D3	Give examples of how technology can help or hurt personal health.	I	(2)
D4	List traits of a responsible family member.	R, E	(3)

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MLR CONTENT STANDARD:	E. COMMUNICATION SKILLS: Students will understand that skillful communication can contribute to better health for them, their families, and the community.																
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E1	Demonstrate "saying no" to alcohol, tobacco, and illegal drugs in various role-playing situations.	I	(7)														
E3	Demonstrate healthful and safe ways to deal with conflict.	I	(2)														
E4	Express opinions and give accurate information about the use of tobacco, alcohol, and illegal drugs for children.	I	(7)														

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