

Springfield Public Schools
K-5 HEALTH

3rd Grade
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The Student will develop an awareness of safety guidelines and first aid procedures. (HPE5, 7; 3.2)
 - Define emergency.
 - Explain how to report an emergency.
 - Interpret the meaning of traffic signs and bicycle safety.
 - Demonstrate appropriate responses to use if approached by a stranger.
 - Discuss why rules and laws exist and must be respected.
 - List safety rules to follow when using household products that contain poison.
 - Demonstrate first aid procedures using gauze and tape for a variety of written situations.
 - List safety rules to follow while using the playground.

- 2) The student will understand the health related fitness components that contribute to the individual's well being. (HPE1, 3, 4; 1.8, 1.10, 2.1, 3.2, 4.7)
 - Identify different types of exercise and their importance to the individual's well-being.
 - Be able to take his/her own pulse.
 - Describe major body organs and their systems.
 - Describe major body systems and their functions.
 - Describe how personal hygiene choices affect health.

- 3) The student will develop an understanding of various types of diseases and the causes, preventions and treatment of diseases related to germs. (HPE2, 3; 2.1, 4.7)
 - Explain how germs are spread and explain that good hygiene habits prevent disease.
 - Recognize common childhood diseases and explain that AIDS is not a common childhood disease.
 - Relate the importance of disease prevention and list prevention techniques.
 - Name health workers and the services they provide.

- 4) The student will develop an awareness of nutrition and will recognize the relationships among nutritional needs, food choices and a healthy lifestyle. (HPE2, 6; 1.5, 2.1, 4.7)
 - Describe benefits of healthy nutritional habits.
 - Write the names of foods and drinks in the various food guide pyramid categories.
 - Name the number of daily servings needed from each food group.
 - Identify foods that make a healthful breakfast, lunch, dinner and snack by drawing them on paper plates.
 - Analyze a daily school menu and determine if each meal is balanced.

- 5) The student will develop an understanding of the growth and development of the human body and the importance of family care provided for family members. (HPE1; 1.5, 3.3)
 - Explain basic facts about reproduction, growth and development.
 - Specify how human and animal babies develop differently.
 - Conclude that family care is important to babies.

- 6) The student will recognize and demonstrate personal health behaviors which will lead to and promote positive mental health. (HPE2; 3.1, 4.4)
 - Identify and practice behaviors that reduce conflict.
 - Identify steps in problem solving.
 - Relate alternate choices when things go wrong.
 - Identify who to turn to with problems.

- 7) The students will be able to determine cause and effects of health problems on the body and recognize those which can be prevented and/or controlled by oneself. (HPE5; 4.1, 4.3)
 - Identify difference between prescription medicines and over-the-counter medicine.
 - Relate that all medicines are drugs and can be dangerous.
 - List safety rules for medicine use and storage.
 - Relate that caffeine, nicotine and alcohol can harm the body.
 - Express when drug use should be avoided.
 - Identify alcohol, tobacco, marijuana, cocaine and crack as drugs.

- 8) Students will be able to identify needs and/or problems concerning environmental issues in the community. (HPE6; 2.2, 4.3)
 - Demonstrate recycling and personal responsibility for a clean environment.