

Health and Wellness

Grade 3

Unit A: Mental, Emotional, Family, and Social Health

Chapter 1: Mental and Emotional Health

| Pacing  | Objectives/Health Goals  | Resources   | Life Skills  | Other Activities   | Review and Assess   | Standards   |
|---|--|---|--|--|---|---|
| Lesson 1<br>Health Is Well-Being<br>A4-A9<br>(30 min) | O: 1. Describe the three parts of health.<br>2. Explain how choosing healthful behaviors protects your health.<br>3. Identify how choosing risk behaviors can harm your health.<br>4. Explain how practicing life skills can help you take responsibility for your health.<br>HG: Take responsibility for my health. | Health Masters: Develop Vocabulary p.1<br>Study Guide, pp.2-3<br>Interpret Information, p.4<br><br>Assessment Book, pp. 1,5 | Be a Health Advocate p. A6<br><br>Critical Thinking-Set Health Goals, p.A9 | Clipboard Activity 1<br>Write About it p.A7<br>ELL, p. A7<br>Social Studies Connection. p.A8<br>Hands On: Group, p. A8 | Lesson Review, p. A9<br>Lesson Quiz – Assessment Book p.5 | NHES<br>1.1,1.2,1.3,5.1,5.2,5.3,5.4,5.5,5.6,6.1,6.2,7.1,7.2,7.3 |
| Lesson 2<br>Your Self-Concept<br>A10-A15<br>(30 min)  | O: 1. Identify what makes you special.<br>2. Describe actions that help you have a healthful self-concept.<br>3. Explain different ways that people  | Health Masters: Develop Vocabulary, p.5<br>Study Guide, p.8   | Make Responsible Decisions, p. A13<br>Critical Thinking-Practice Healthful | Clipboard Activity 2<br>Build Character, p. A13<br>Art Connection p. A14   | Lesson Review p. A15<br>Lesson Quiz-Assessment Book. p.6  | NHES<br>1.1,1.2,1.3,4.1,5.1,5.2,5.4,6.1,7.1,7.2,7.3             |

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|   | learn.<br>HG: Choose actions for a healthful self-concept.   |   | Behaviors,<br>p.A15                                |   |   |   |
| Lesson 4<br>Good Character Matters<br>A22-A27<br>(30 min)   | O: 1. Identify the six parts of good character.<br>2. Explain why your friends and heroes should have good character.<br>3. Describe how to show respect, and what to do if you do something wrong.<br>HG: 1. Show good character.<br>2. Choose actions for a healthful self-concept | Health Masters:<br>Develop Vocabulary p. 7<br>Study Guide, p.10                                     | Critical Thinking-<br>Be a Health Advocate, p. A25 | Clipboard Activity 4<br>Art Link, p. A23<br>Write About It! What I admire about you. p. A24<br>Social Studies Link - Explore a world of ways to show respect. P. A26<br>Writing connection- Good Characters, p. A25 | Lesson Review, p. A27<br>Lesson Quiz – Assessment Book, p.8 | NHES<br>1.2,2.2,2.3,4.1,5.3,7.1,7.2,8.1,8.2                             |
| Lesson 5<br>Making Responsible Decisions<br>A28-A31<br>And Learning Life Skills<br>A32-33<br>(45 min) | O: 1. List questions to ask before you make a decision.<br>2. Discuss ways to communicate with responsible adults about health decisions.<br>3. Describe how to use resistance skills.<br>HG: 1. Make  | Health Masters:<br>Develop Vocabulary, p.9<br>Study Guide, pp. 12-13<br>Interpret Information, p.14 | Critical Thinking-<br>Use resistance Skills p. A31 | Clipboard Activity 5<br>Write About It? How to Say “No” p. A30  | Lesson Review, p. A31<br>Lesson Quiz- Assessment Book, p. 9 | NHES<br>1.1,1.2,1.3,1.4,3.2,4.1,4.2,4.4,5.1,5.2,5.3,5.4,5.5,5.6,7.1,7.3 |

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|   | <p>responsible decisions.</p> <p>2. Use resistance skills when necessary.</p>   |   |  |  |  |  |
| <p>Lesson 5 – Learning Life Skills. A32-A33</p> | <p>O: 1. Describe the four steps in making responsible decisions.</p> <p>2. Apply the four steps in making responsible decisions.</p> <p>HG: Practice life skills</p> | <p>Health Masters, Learning Life Skills, p.15</p> <p>Assessment Book – Responsible Decision-Making Model, p.4</p> | <p>Critical Thinking – Make Responsible Decisions p. A32</p> |  |  | <p>NHES</p> <p>2.1,3.2,4.1,4.2,4.4, 5.1,5.2,5.3,5.4,5.5, 5.6</p> |

Unit A: Mental, Emotional, Family, and Social Health

Chapter 2: Family and Social Health

| Pacing  | Objectives/Health Goals   | Resources  | Life Skills   | Other Activities   | Review and Assess  | Standards  |
|---|---|--|---|--|--|--|
| Lesson 2<br>Resolving Conflict<br>A50-A55<br>And Learning Life Skills –<br>Resolve Conflicts<br>A56-A57<br>(45 min) | O: 1. List and apply the four steps to use for resolving conflicts.<br>2. List ways to get along better with others.<br>3. Describe how peer pressure works.<br>HG: 1. Work to have healthful relationships.<br>2. Resolve conflicts in healthful ways. | Health Masters:<br>Develop vocabulary, p.22<br>Study Guide, p.23 | Health Activity – Be a Health Advocate p.A53<br>Critical Thinking- Analyze What Influences Your Health p. A55 | Clipboard Activity 8<br>Health Activity-Build Character, p.A54     | Lesson Review p. A55<br>Lesson Quiz-Assessment Book, p.17    | NHES<br>1.1,1.2,3.2,4.1, 4.2,4.3,4.4,5.1, 5.2,5.3,5.5,6.2, 7.1,7.3 |
| Lesson 2-<br>Learning Life Skills<br>A56-A57  | O: 1. Describe the four steps for resolving conflicts.<br>2. Apply the four steps for resolving conflicts.<br>HG: Practice life skills.   | Health Masters, Learning Life Skills, p.24                       | Critical Thinking- Resolve conflicts p.A56<br>Foldable p. A57   |  |  | NHES<br>1.2,4.1,4.3,4.4, 5.1,5.2,5.3,5.5                           |
| Lesson 3<br>My Family<br>A58-A63<br>(30 min)  | O: 1. Explain what it means to be a family.<br>2. List ways to be a responsible family  | Health Masters:<br>Develop vocabulary, p.25<br>Study Guide, p.26 | Critical Thinking- Access Health Facts, Products, and   | Clipboard Activity 9<br>Social Studies Connection – Family History | Lesson Review, p.A63<br>Lesson Quiz – Assessment Book, p. 18 | NHES<br>1.2,1.3,2.1,2.3, 2.4,3.1,3.2, 4.1,5.1,5.3,5.5, 7.1,7.2,8.2 |

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|  | <p>member.</p> <p>3. Describe how to adjust to family changes in healthful ways.</p> <p>HG: 1. Work to have healthful family relationships.</p> <p>2. Adjust to family changes in healthful ways.</p> |  | <p>Services<br/>p.A61</p> | <p>p.A62</p> |  |  |
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Unit B: Growth and Nutrition

Chapter 3: Growth and Development

| Pacing  | Objectives/Health Goals  | Resources   | Life Skills   | Other Activities                                     | Review and Assess   | Standards                               |
|---|--|---|---|--|---|---|
| Lesson 1<br>Growing and Changing<br>B4-B9<br>(30 min)     | O: 1. Describe the stages of the life cycle.<br>2. List signs that show that your body is changing<br>3. Explain how your body grows.<br>HG: 1. Learn the stages of the life cycle.<br>2. Accept the ways my body changes as I grow. | Health Masters:<br>Develop Vocabulary, p.29<br>Study Guide, p.30                                | Critical Thinking-<br>Access Health Facts, Products and Services.<br>p.B7 | Clipboard Activity 11<br>Write About It!<br>p. B6    | Lesson Review<br>p. B9<br>Lesson Quiz-Assessment<br>Book p.25     | NHES<br>1.1,1.2,1.3,3.1,<br>3.2         |
| Lesson 2<br>Your Muscles and Bones<br>B10-B15<br>(30 min) | O: 1. Explain the way your muscles work.<br>2. Describe what your bones do.<br>3. Identify ways to care for muscles and bones.<br>HG: Care for my body systems.  | Health Masters:<br>Develop Vocabulary, p.31<br>Study Guide, p.32<br>Interpret Information, p.33 | Critical Thinking-<br>Set Health Goals<br>p. B15                          | Clipboard Activity 12                                | Lesson Review,<br>p. B15<br>Lesson Quiz-Assessment<br>Book. p. 26 | NHES<br>1.2,5.1,5.4,5.6,<br>6.1,6.2,7.2 |
| Lesson 3<br>Your Heart and Lungs<br>B16-B-21              | O: 1. Describe the circulatory system.<br>2. Describe the respiratory system.  | Health Masters:<br>Develop Vocabulary, p.34<br>Study Guide, pp.                                 | Critical Thinking-<br>Be a Health Advocate                                | Clipboard Activity 13<br>Math Link – Find Your Pulse | Lesson Review,<br>p.B21<br>Lesson Quiz – Assessment               | NHES<br>1.2,2.4,6.2,8.1<br>8.2          |

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| (30 min)   | 3. Describe how to care for your heart and lungs.<br>HG: Care for my body systems.   | 35-36<br>Interpret Information, p.37  | p.B19<br>Health Activity Use Resistance Skills p. B19 | p. B17<br>Science Connection – Test Foods for Fat p. B20   | Book p. 27   |                                     |
| Lesson 5<br>Your Senses and Nervous System<br>B26-B31<br>And Learning Life Skills<br>B32-B33 | O: 1. List the five senses.<br>2. Discuss what the nervous system does.<br>3. Describe how to care for the nervous system.<br>HG:<br>Care for my body systems. | Health Masters: Develop Vocabulary, p. 41<br>Study Guide, pp.42-43<br>Interpret Information pp. 44-45 | Critical Thinking- Use Communication Skills p. B31    | Clipboard Activity 15<br>Art Link, p. B27<br>Write About It! Your Sense Organs at Work p. B29<br>Build Character – Analyze Your Actions p. B30<br>ELL- Multi level strategies p. B29 | Lesson Review p. B31<br>Lesson Quiz- Assessment Book, p.29 | NHES<br>1.2,4.1,5.3                 |
| Learning Life Skills – Manage Stress<br>B32-B-33   | O: 1. Describe the four steps in managing stress.<br>2. Apply the four steps in managing stress.<br>HG:<br>Practice life skills.                               | Health Masters, Learning Life Skills, p.46  | Foldable p. B33<br>Practice This Life Skill p. B33    |  |  | NHES<br>1.1,1.2,5.2,5.3,<br>7.2,7.3 |

Unit C: Personal Health and Safety

Chapter 5: Personal Health and Physical Activity

| Pacing  | Objectives/Health Goals   | Resources   | Life Skills  | Other Activities                             | Review and Assess   | Standards  |
|---|---|---|--|--|---|--|
| Lesson 3<br>Good Grooming<br>C14-C19<br>(30min) | O: 1. Explain why grooming your skin, hair and nails is important.<br>2. Explain why getting enough rest is important to good health.<br>HG: 1. Be well-groomed.<br>2. Get enough rest and sleep. | Health Masters:<br>Develop Vocabulary, p.66<br>Study Guide, pp. 67-68 | Critical Thinking-<br>Be a Health Advocate<br>p. C19 | Clipboard Activity 22<br>Math Link<br>p. C18 | Lesson Review<br>p. C19<br>Lesson Quiz-Assessment Book, p. 46 | NHES<br>1.2,1.4,1.5,3.1,<br>7.1,7.2,7.3,8.1<br>8.2 |



Unit C: Personal Health and Safety

Chapter 6: Violence and Injury Prevention

| Pacing   | Objectives/Health Goals   | Resources   | Life Skills  | Other Activities  | Review and Assess   | Standards   |
|--|---|---|--|---|---|---|
| Lesson 1<br>Indoor Safety<br>C42-C47<br>(30 min)               | O: 1. Describe how to prevent falls.<br>2. Explain how to prevent fires.<br>3. List ways to avoid injury from poisons.<br>4. Explain what computer safety means.<br>HG: Follow safety rules for my home and school. | Health Masters:<br>Develop Vocabulary, p.81<br>Study Guide, pp.82-83<br>Interpret Information, p.84 | Critical Thinking-Practice Healthful Behaviors p.C47 | Clipboard Activity 26<br>Art Link – Draw A Danger Sign p. C43<br>Social Studies Link – Be A Role Model, p. C45<br>Writing Connection – Learn About Internet Safety p. C46<br>Health Activity-Build Character p. C46 | Lesson Review, p. C47<br>Lesson Quiz-Assessment Book, p.55  | NHES<br>1.1,1.3,2.1,2.4,<br>2.6,4.4,5.1,5.2,<br>5.3,6.1,7.1,7.2,<br>7.3 |
| Lesson 4<br>Staying Safe Around People<br>C60--C63<br>(30 min) | O: 1. List safety rules for times when you are home with someone besides your parents or guardian.<br>2. List ways to stay safe from  | Health Masters:<br>Develop Vocabulary, p. 93<br>Study guide, pp. 94-95                              | Critical Thinking-Use Resistance Skills p. C63       | Clipboard Activity 29<br>Write About It! p.C61  | Lesson Review, p. C63<br>Lesson Quiz-Assessment Book, p. 58 | NHES<br>1.1,1.2,4.2,5.3,<br>7.1,7.2,7.3                                 |

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|   | <p>strangers.</p> <p>3. Define what an unsafe touch is.</p> <p>HG: 1. Follow safety rules to protect myself.</p> <p>2. Follow safety rules to protect myself against violence.</p>   |   |   |                              |  |  |
| <p>Lesson 5<br/>Staying Safe From Violence<br/>C64-C67<br/>(30 min)</p> | <p>O: 1. List ways that you can stay safe from a gang.</p> <p>2. Explain safety rules to prevent injury from guns and knives.</p> <p>3. Describe what to do if you find a weapon.</p> <p>HG: 1. Stay away from gangs.</p> <p>2. Follow safety rules to reduce my risk of injuries from guns.</p> | <p>Health Masters:<br/>Develop vocabulary p. 96<br/>Study Guide, p.97<br/>Interpret Information, p.98</p> | <p>Critical Thinking- Analyze What Influences Your Health. p. C67</p> | <p>Clipboard Activity 30</p> | <p>Lesson Review, p. C67<br/>Lesson Quiz, Assessment book, p. 59</p> | <p>NHES<br/>1.1,2.3,4.3,5.1,5.4,5.5, 5.6,5.7,7.1,7.3</p> |
| <p>Lesson 6<br/>Emergencies<br/>C68-C71<br/>(30 min)</p>                | <p>O: 1. Explain how to call for help in an emergency.</p> <p>2. Explain how to help an injured person.</p> <p>3. Describe what safety rules to follow in case of a disaster.</p>  | <p>Health Masters:<br/>Develop Vocabulary, p.99<br/>Study guide, p.100</p>                                | <p>Critical Thinking- Manage Stress p. C71</p>                        | <p>Clipboard Activity 31</p> | <p>Lesson Review, p. C77<br/>Lesson Quiz- Assessment Book, p.60</p>  | <p>NHES<br/>1.1,2.3,5.1,5.3,5.5, 7.1,7.2,7.3</p>         |

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|  | HG: Be ready for an emergency. |  |  |  |  |  |
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Unit D: Drugs and Disease Prevention

Chapter 7: Alcohol, Tobacco, and other Drugs

| Pacing  | Objectives/Health Goals   | Resources   | Life Skills   | Other Activities   | Review and Assign  | Standards  |
|---|---|---|---|--|--|--|
| Lesson 1<br>Using Medicines Safely<br>D4-D9<br>(30 min) | O: 1. Explain ways medicines can help health.<br>2. Explain how prescription and over-the-counter (OTC) medicines differ.<br>3. List safety rules to follow for using medicines.<br>HG: Use over-the-counter and prescription drugs in safe ways. | Health Masters:<br>Develop Vocabulary, p. 105<br>Study Guide, pp. 106-107 | Critical Thinking-<br>Be A Health Advocate, p. D9<br>Health Activity<br>Make Responsible Decisions, p. D8 | Clipboard Activity 33<br>Art Connection-Medicine<br>Collage p. D6<br>Hands On: Group, p. D7<br>Social Studies Connection-Rain Forest Medicines, p. D7<br>Social Studies Connection-Home Remedies, p D8 | Lesson Review p, D9<br>Lesson Quiz-assessment Book, p.67 | NHES<br>1.1,2.3,3.1,3.2, 4.1,4.4,5.1,5.2, 5.5,7.1,7.2,7.3, 8.1 |

Unit D: Drugs and Disease Prevention

Chapter 8: Communicable and Chronic Diseases

| Pacing  | Objectives/Health Goals   | Resources   | Life Skills   | Other Activities   | Review and Assess   | Standards                                    |
|---|---|---|---|--|---|--|
| Lesson 1<br>Diseases that Spread<br>D34-D39<br>(30 min)                                   | <p>O: 1. Tell what causes disease.<br/>2. Describe ways to prevent the spread of disease.<br/>3. Explain how to treat flu, cold, and strep throat.</p> <p>HG: 1. Choose habits that prevent the spread of germs.<br/>2. Recognize symptoms for communicable diseases.<br/>3. Get treatment for communicable diseases.</p> | <p>Health Masters:<br/>Develop Vocabulary, p.121<br/>Study Guide, pp. 122-123<br/>Interpret Information, p. 124</p> | <p>Critical Thinking-Resolve Conflicts p. D39</p>                         | <p>Clipboard Activity 37<br/>Science Connection-Control Chart p. D38</p> | <p>Lesson Review p. D39<br/>Lesson Quiz-Assessment Book, p.76</p> | <p>NHES<br/>1.4,1.5,4.1,4.3, 4.4,7.1,7.3</p> |
| Lesson 2 ( part 2 only – Learning Life Skills)<br>Practice Healthful Behaviors<br>D44-D45 | <p>O: 1. Describe the four steps for practicing healthful behaviors.<br/>2. apply the four steps for practicing healthful behaviors.</p> <p>HG: Practice life skills.</p>   | <p>Health Master, Learning Life Skills, p. 129</p>  | <p>Critical Thinking-Practice Healthful Behaviors and Foldable p. D45</p> |  |   | <p>NHES<br/>1.4,1.5,5.2,5.3, 7.1,7.3</p>     |

Unit E: Community and Environmental Health

Chapter 9: Consumer and Community Health

| Pacing   | Objectives/Health Goals  | Resources   | Life Skills  | Other Activities  | Review and Assess   | Standards   |
|--|--|---|--|---|---|---|
| Lesson 1<br>Be a Health-Wise Consumer<br>E4-E9<br>(30 min)   | O: 1. Describe ways to be a consumer.<br>2. Identify ways to get health information.<br>3. Explain how you can check out commercials for health products.<br>HG: 1. Check out sources of health information.<br>2. Check out ways technology, media, and culture influence health choices.<br>3. Choose safe and healthful products. | Health Masters:<br>Develop vocabulary, p.133<br>Study Guide, p.134<br>Interpret Information, p. 136 | Critical Thinking- Make Responsible Decisions<br>p. E9           | Clipboard Activity 40<br>Consumer Wise, p. E8<br>Art Connection – Make a Poster<br>p. E8<br>Music connection- Write a Jingle<br>p. E8 | Lesson Review, p. E9<br>Lesson Quiz-Assessment Book, p.84   | NHES<br>1.1,2.5,2.6,3.1, 3.2,4.4,5.1,5.2, 5.3,5.4,5.5,5.6 |
| Lesson 3<br>Be an Active Community Member<br>E14-E17<br>(30 min)<br>And Learning Life Skills<br>E18-E-19 | O: 1. Describe different kinds of healthful community activities.<br>2. Describe ways to organize your time and money.<br>HG: 1. Choose healthful  | Health Masters:<br>Develop Vocabulary, p.139<br>Study Guide, p.140<br>Interpret Information, p.141  | Critical Thinking- Analyze What Influences Your Health<br>p. E15 | Clipboard Activity 42<br>Write About It! - Being Organized<br>p. E16<br>Hands-On: Class- Make a Budget<br>p. E16                      | Lesson Review, p. E 17<br>Lesson Quiz-Assessment Book, p.86 | NHES<br>1.1,1.2,2.1,2.2, 2.4,5.3,6.1,7.1, 7.3             |

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|   | entertainment.<br>2. Spend time and money wisely.   |  |  |  |  |   |
| Learning Life Skills<br>Access Health Facts, Products, and Services<br>E18-EE19 | O: 1. Describe the four steps in accessing health facts, products, and services.<br>2. Apply the four steps in accessing health facts, products, and services.<br>HG: Practice life skills. | Health Masters, Learning Life Skills, p.1142 | Critical Thinking- Access Health Facts, Products, and Services, pp.E18-E18<br>Foldable, p. E19 |  |  | NHES<br>3.1,3.2,4.1,4.4,<br>5.2,5.3,6.2 |

Unit E: Community and Environmental Health

Chapter 10: Environmental Health

| Pacing   | Objectives/Health Goals   | Resources   | Life Skills  | Other Activities  | Review and Assess   | Standards   |
|--|---|---|--|---|---|---|
| Lesson 1<br>Your Environment<br>E24-E29<br>(30 min)  | O: Explain how people use natural resources.<br>2. Identify some kinds of pollution.<br>3. Explain how water is kept clean.<br>HG: 1. Help protect my environment.<br>2. Keep the air, land and water clean and safe.<br>3. Keep noise at a safe level. | Health Masters:<br>Develop Vocabulary, p.143<br>Study Guide, p.144                                  | Critical Thinking-Make Responsible Decisions p. E29<br>Health Activity - Access Health Facts, Products, and Services, p. E28 | Clipboard Activity 43 Writing Connection, p. E26<br>Math Connection, p. E27   | Lesson Review, p. E29<br>Lesson Quiz-Assessment Book, p. 92 | NHES<br>1.1,4.1,5.1,5.3<br>5.4,5.6,6.1,6.2<br>7.1,7.2,7.3 |
| Lesson 2<br>Protecting the Environment<br>E30-E35<br>(30 min)<br>And Learning Life Skills<br>E36-E37 | O: 1. Explain how communities stay clean and healthful.<br>2. Tell what you can do to stop pollution.<br>3. Identify ways to save natural resources.<br>HG: 1. Help protect my environment.<br>2. Not waste energy and resources.<br>Help keep my       | Health Masters:<br>Develop vocabulary, p.145<br>Study Guide, p. 146<br>Interpret Information, p.147 | Critical Thinking-Practice Healthful Behaviors p.E35<br>Health Activity Practice Healthful Behaviors p. E34                  | Clipboard Activity 44 Careers, (School Custodian) p.E31<br>Build Character – Take Care of the Environment p. E33<br>ELL – Multilevel Strategies p. E33<br>Make A Difference, p. E34 | Lesson Review, p. E35<br>Lesson Quiz-Assessment Book, p.93  | NHES<br>1.1,1.2,3.2,5.1,<br>5.2,5.4,5.5,5.6,<br>7.1,7.3   |



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|  | environment friendly.   |  |   |  |  |  |
| Learning Life Skills- Be A Health Advocate E36-E37 | <p>O: 1. Describe the four steps in being a health advocate.</p> <p>2. Apply the four steps in being a health advocate.</p> <p>HG: Practice life skills.</p> <p>2. Learn and use the skills of being a health advocate.</p> | Health Masters, Learning Life Skills, p. 148 | Critical Thinking- Be a Health Advocate and Foldable pp. E36-37 |  |  | <p>NHES</p> <p>1.1,1.2,3.2,5.1, 5.2,5.4,5.5,5.6,7.1, 7.3</p> |