

Course Name: Grade 3 - Health

Course #: E8203

Course Proficiencies: The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Identify and develop effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance wellness. 2.1.5.PGD.1; 2.3.5.PS.1

Alcohol, Tobacco, and Other Drugs

- A. Identify signs and differentiate between drug use, misuse, abuse, and prescription and illicit drugs. 2.3.5.DSDT.1; 2.3.5.DSDT.2

Social and Emotional Health

- A. Describe how families can share common values, offer emotional support and set boundaries and limits. 2.1.5.SSH.4
- B. Describe the characteristics of healthy versus unhealthy relationships among friends. 2.1.5.SSH.6
- C. Identify different feelings and emotions that people may experience. 2.1.5.EH.3
- D. Discuss the impact of one's feelings and thoughts that lead to healthy and unhealthy behaviors and how individuals may express these emotions. 2.1.5.EH.1, 2.1.5.EH.3

Health Conditions, Diseases and Medicine

- A. Identify situations that help keep the human body working properly (sleep, hygiene, nutrition, hydration). 2.3.5.HCDM.1

Personal Safety

- A. Identify assertive, aggressive, and passive communication; and how each one affects oneself and others. 2.1.5.EH.4; 2.1.5.SSH.5

Community Health Services and Support

- A. Describe how individuals will benefit from an awareness of coping strategies that can be used in order to promote overall wellness. 2.1.5.CHSS.3, 2.3.5.HCDM.3