

HEALTH 'N ME! Grade Three

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<u>Introductory Unit</u> <u>Lesson 1: Getting Started</u>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 2: Choosing Healthy Habits</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 3: Six Food Groups</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 4: How I Feel!</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>

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<u>Lesson 4 (Cont.)</u>	Describe practices which promote lifelong health and well-being. 3:1:c Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a		Present oral information in a clear and organized manner. 4:1:b
<u>Lesson 5: Safe Behaviors to Stay Well</u>	Describe how social, emotional, and physical health are interrelated. 1:2:b Describe the characteristics of good personal health. 3:2:a Explore how personal choices can affect one's health. 3:3:a		Write to explain prior knowledge about various topics. 2:4:a Present oral information in a clear and organized manner. 4:1:b
<u>Lesson 6: Asking for Help to Stay Well</u>	Determined how appropriate and inappropriate health practices affect self and family. 1:1:c Explain the importance of following prescribed/ recommended treatment. 2:3:c		Write to explain prior knowledge about various topics. 2:4:a Describe how attributes of an audience influence presentation language. 4:2:a

<u>Unit 1</u>			
<u>Lesson 1: Cells</u>	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Write to interpret and use new or unfamiliar information. 2:4:b
<u>Lesson 2: Six of Your Body Systems</u>	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Describe how attributes of an audience influence presentation language. 4:2:a
<u>Lesson 3: Functions of Six Body Systems</u>	Describe the basic structure and functions of the human body systems. 1:2:a		Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c

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<u>Lesson 3 (Cont.)</u>			Write to interpret and use new or unfamiliar information. 2:4:b
<u>Unit 2</u> <u>Lesson 1: Overview of the Skeletal and Muscular Systems</u>	Describe the basic structure and functions of the human body systems. 1:2:a Describe practices which promote lifelong health and well-being. 3:1:c	Engage in various systematic scientific investigations. 1:2:a Explain the reasons for and expectations of scientific investigations. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a Use various questioning approaches to clarify oral/visual information. 3:3:b Present oral information in a clear and organized manner. 4:1:b
<u>Lesson 2: The Muscular System and Its Work</u>	Describe the basic structure and functions of the human body systems. 1:2:a Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b Determine personal health progress and make adjustments for improvement. 3:2:c Explore how personal choices can affect one's health. 3:3:a	Identify fundamental forces and their forms. 2:3:a Investigate relationships between forces and motion. 2:3:b Identify relationships between structures and forces within an organism. 3:1:a	Write to interpret and use new or unfamiliar information. 3:3:b Use various questioning approaches to clarify oral/visual information. 3:3:b
<u>Lesson 3: The Skeletal System and</u>	Describe the basic structure and functions of the human body systems. 1:2:a Describe the characteristics of good personal health. 3:2:a Explain ways to achieve and maintain good health. 3:2:b Determine personal health progress and make adjustments for improvement. 3:2:c Explore how personal choices can affect one's health. 3:3:a	Describe simple energy transfers and transformations. 2:4:b Identify relationships between structures and forces within an organism. 3:1:a	Examine a variety of literary works to affirm or counter personal interpretations. 1:3:b Write to interpret and use new or unfamiliar information. 2:4:b Examine oral/visual information for usefulness. 3:3:a

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<p><u>Lesson 4:</u> <u>Communicable and Noncommunicable Disease</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p>		
<p><u>Unit 3</u> <u>Lesson 1: Body in Balance</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>	<p>Identify relationships between structures and forces within an organism. 3:1:a</p>	<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Use various questioning approaches to clarify oral/visual information. 3:3:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<p><u>Lesson 2:</u> <u>Understanding Others Who Are Differently-Abled</u></p>	<p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Describe ways to avoid or reduce common childhood health problems. 1:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

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<u>Lesson 2 (Cont.)</u>	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		
<u>Lesson 3: Bicycling Safety</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>
<u>Lesson 4: The Food Guide Pyramid</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the role and organization of various community, state, and regional health agencies / services. 2:2:b</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p>		<p>Determine ways to organize oral/visual information for later recall. 3:3:c</p> <p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

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<u>Lesson 4 (Cont.)</u>	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		
<u>Unit 4</u> <u>Lesson 1: Safety</u> <u>Around Dangerous</u> <u>Objects</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Determine the role of personal responsibility in health-related decision making. 3:3:b</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 2: Behaving</u> <u>Unsafely</u>	<p>Describe how social, emotional, and physical health are interrelated. 1:2:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Explore ways to contact or obtain health services. 2:3:b</p>		<p>Present oral information in a clear and organized manner. 4:1:b</p> <p>Consider purpose of an oral presentation when deciding appropriate language. 4:2:b</p> <p>Use appropriate conventions of language in personal communication. 4:2:c</p>

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<u>Lesson 2 (Cont.)</u>	<p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Identify resources needed to implement community health plans. 5:2:b</p>		
<u>Lesson 3: Classifying Drugs-Safe and Unsafe</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Use various resources to increase the effect of oral presentations, e.g., visual aids. 4:3:c</p>

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<p><u>Lesson 4: The Effects of Drugs on the Body</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Describe the role and organization of various community, state, and regional health agencies / services. 2:2:a</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p>		<p>Write to interpret and use new or unfamiliar information. 2:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p>
<p><u>Lesson 5: Nicotine and Tobacco</u></p>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		<p>Determine the usefulness of specific factual and technical materials. 1:4:b</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g.,</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>

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<u>Lesson 5 (Cont.)</u>	<p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p>		
<u>Lesson 6: Alcohol</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe examples of risky and harmful behavior. 3:1:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Explain ways to achieve and maintain good health. 3:2:b</p> <p>Determine personal health progress and make adjustments for improvement. 3:2:c</p>		<p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Unit 5</u> <u>Lesson 1: Home Alone After School</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Describe practices which promote lifelong health and well-being. 3:1:c</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p>

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<u>Lesson 1 (Cont.)</u>	<p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p>		
<u>Lesson 2: The Assertive "No"</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Examine ways medical research has improved the prevention and control of health problems. 1:3:a</p> <p>Determine how to choose and access health products and services at the local and state levels. 2:2:c</p> <p>Describe how social pressure can influence risk-taking behaviors. 3:1:b</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Describe behaviors which create bridges and barriers to effective communication. 4:2:b</p>		<p>Use prior knowledge to interpret unfamiliar information/materials/text. 1:1:c</p> <p>Write to explain prior knowledge about various topics. 2:4:a</p> <p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Present oral information in a clear and organized manner. 4:1:b</p>
<u>Lesson 4: Showing and Telling What You Know</u>	<p>Understand the importance and effect of good personal hygiene. 1:1:b</p> <p>Describe the basic structure and functions of the human body systems. 1:2:a</p>		<p>Describe the basic and/or hidden meaning of various oral and visual messages, e.g., advertisements, electronic media. 3:2:a</p> <p>Examine oral/visual information for usefulness. 3:3:a</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<u>Lesson 4 (Cont.)</u>	<p>Describe practices which promote lifelong health and well-being. 3:1:c</p> <p>Describe the characteristics of good personal health. 3:2:a</p> <p>Explore how personal choices can affect one's health. 3:3:a</p> <p>Describe healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Apply refusal and negotiation skills to avoid potentially harmful situations. 4:3:c</p> <p>Identify significant community health issues. 5:1:a</p> <p>Describe behaviors which support others in making healthy choices. 5:3:a</p> <p>Explore ways to advocate good health in families, schools, and communities. 5:3:b</p>		