

**Third Grade Health**  
**<http://www.sad44.org/curriculum/health/health.pdf>**  
*Physical Well-being*

	<b>Quarter 1</b>	<b>Quarter 2</b>	<b>Quarter 3</b>	<b>Quarter 4</b>
<b>Unit (order will vary)</b>	<b>Being Healthy</b>	<b>Staying Healthy</b>	<b>Community Health Resources</b>	<b>Decision Making</b>
<b>Strands</b>	Health Concepts (A) Influences on Health (D) Health Promotion and Risk Reduction (C)	Health Promotion and Risk Reduction (C)	Health Information, Services, and Products (B)	Communication Skills (E) Decision Making and Goal Setting (F)
	<a href="http://www.state.me.us/education/lres/hpe.htm">http://www.state.me.us/education/lres/hpe.htm</a>			
<b>Activities</b>	Compare and contrast healthy practices Guest speakers Directed reading ABC Book of Healthy Activities Research Create project that shows how culture affects health (smoking, fast food) Create a healthy menu	Role Play Identify pictures of safe and unsafe activities Analyze and suggest improvements for unsafe situations at home, school, and play	Interview community health workers Field trips Brainstorming Guided discussion Use phone book Search Internet for addresses and maps Practice calling 911	Discussion and Role play "I" message practice Suggest problems and propose solutions Set a personal goal
<b>Assessments</b>	<i>Are You in the Habit of Being Healthy?</i> (LAD) A1 <a href="http://mainelad.org">http://mainelad.org</a> <i>Bumper Sticker Challenge</i> (MAP)A1 <a href="http://www.maptasks.org">http://www.maptasks.org</a> Help Your Friend (Local) A4, F1 Food for Thought (Local) C3	<i>Get Smart About Safety</i> (Local) C1;C2 <i>Hooked on Water Safety</i> (LAD) C2 <a href="http://mainelad.org">http://mainelad.org</a> <i>How to Play it Safe</i> (LAD) C2 <a href="http://mainelad.org">http://mainelad.org</a>	How Can You Help Me? (Modified LAD) B1,2	Conflict Resolution (Local) E2 Help Your Friend (Local) A4; F1
<b>Vocabulary</b>	Hygiene Nutrition Sunburn Frostbite Diabetes Blood pressure Heart disease Obesity Anorexia Food groups Food pyramid	Helmets Life guard Protectors	911 animal control officer EMT	Conflict Resolution Communication "I" message

<b>Resources</b>	Speakers <i>Weekly Reader</i> <i>Red Ribbon Week</i> <i>Reach for the Stars</i> (guidance activity)	Rug Rats Bike Safety posters	Speakers	Guidance
<p><a href="http://www.ceismc.gatech.edu/busyt/eng.shtml">http://www.ceismc.gatech.edu/busyt/eng.shtml</a> This site allows you to search by grade spans and a list of lessons will come up.</p> <p><a href="http://www.pecentral.org/lessonideas/health/healthlp.asp">http://www.pecentral.org/lessonideas/health/healthlp.asp</a> Gives you lots of different options into how you want to search.</p>				