

Grade Three Health

Description The Appleton Area School District Elementary Health Program promotes the development and maintenance of a healthy lifestyle. Quality health education motivates individuals to take responsibility for protecting, maintaining, and improving their health. It encourages the individual to access and analyze health information and to assume responsibility for the promotion of well-being and the prevention of disease and disability.

Minutes Per Week 90 minutes (Health/Guidance/AODA)

Textbooks/Resources NA

Required Assessments

Board Approved July, 2001

Revised June, 2017

AASD Health Goals for K-12 Students

- *Students will comprehend concepts related to health promotion and disease prevention to enhance health.*
- *Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.*
- *Students will demonstrate the ability to access valid health information and products and services to enhance health.*
- *Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.*
- *Students will demonstrate the ability to use decision-making skills to enhance health.*
- *Students will demonstrate the ability to use goal-setting skills to enhance health.*
- *Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.*
- *Students will demonstrate the ability to advocate for personal, family, and community health.*

AASD Health Standards

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| I. Analyzing Influences | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| II. Accessing Valid Information | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| III. Interpersonal Communication | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| IV. Decision Making | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |
| V. Goal Setting | Core Content Domains:
A. Nutritional and Physical Activity
B. Growth, Development, and Sexual Health
C. Injury Prevention and Safety
D. Alcohol, Tobacco and Other Drugs
E. Mental, Emotional and Social Health
F. Personal and Community Health |

VI. Self-Management

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

VII. Advocacy

- Core Content Domains:
- A. Nutritional and Physical Activity
 - B. Growth, Development, and Sexual Health
 - C. Injury Prevention and Safety
 - D. Alcohol, Tobacco and Other Drugs
 - E. Mental, Emotional and Social Health
 - F. Personal and Community Health

Essential Learning Objectives	Performance Indicators	Classroom Assessments
<p>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Explain how individual behaviors and one's family and school influence growth and development E1. Describe internal and external factors that affect friendships and family relationships F1. Identify how culture, family, friends, and media influence positive health practices 	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Mental, Emotional and Social Health; Personal and Community Health</p>		
<p>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> B1. Identify parents, guardians, and trusted adults whom they can discuss the cycle of life E1. Access trusted adults at home, school, who can help with mental, emotional, and social health concerns F1. Recognize individuals who can assist with health-related issues and potentially life threatening health conditions F2. Describe how to access health when feeling threatened 	<p>Unit Assessment</p>

Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health		
Student Learning Objectives	Performance Indicators	Classroom Assessments
3. Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.	Performance will be satisfactory when the student is able to: B1. Demonstrate how to communicate with parents, guardians, and trusted adults about growth & development B2. Identify how to show respect for individual differences E1. Demonstrate how to communicate directly, respectfully, and assertively regarding personal boundaries F1. Demonstrate refusal skills to avoid the spread of disease.	Unit Assessment
Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health		
4. Students will demonstrate the ability to use decision-making skills to enhance health.	Performance will be satisfactory when the student is able to: B1. Examine why a variety of behaviors promote healthy growth and development E1. Describe effective strategies to cope with changes within the family E2. Evaluate situations in which a trusted adult should be asked for help F1. Use decision making process to reduce the risk of communicable disease or illness	Unit Assessment
Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Mental, Emotional and Social Health; Personal and Community Health		
Essential Learning Objectives	Performance Indicators	Classroom Assessments
5. Students will demonstrate the ability to use goal-setting skills to enhance health.	Performance will be satisfactory when the student is able to: E1. Make a plan to help at home and show responsibility as a family member F1. Set a short-term goal for positive health practice	Unit Assessment

<p>Above objective aligned with AASD Content Domain(s): Mental, Emotional and Social Health; Personal and Community Health</p>		
<p>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to: A1. Determine behaviors that promote healthy growth and development B1. Evaluate ways to prevent the transmission of communicable diseases F1. Evaluate effective strategies to cope with fear, stress, anger, loss, and grief in oneself and others</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Growth, Development, and Sexual Health; Mental, Emotional and Social Health</p>		
<p>Essential Learning Objectives</p>	<p>Performance Indicators</p>	<p>Classroom Assessments</p>
<p>7. Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Performance will be satisfactory when the student is able to: B1. Encourage peers to show respect for others regardless of differences in growth or development B2. Demonstrate the ability to support and respect people with differences B3. Support others in making positive health choices F1. Encourage others to promote a healthy environment</p>	<p>Unit Assessment</p>
<p>Above objective aligned with AASD Content Domain(s): Growth, Development, and Sexual Health; Personal and Community Health</p>		

[Seven Major Health Skills Flyer](#)