

# Grade 3

Adopted 2016

**Comprehend concepts related to health promotion and disease prevention to enhance personal health.**

- 1. Identifying links between healthy choices and personal health;** A.3.1

---

- 2. Defining life skills that improve health and wellness;** A.3.2

---

- 3. Using goal-setting to practice healthy behaviors;** A.3.3

---

- 4. Describing various characteristics of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices;** A.3.4

---

- 5. Explaining the difference between childhood communicable and noncommunicable diseases;** A.3.5

---

- 6. Identifying the potential sources of environmental factors that affect health;** A.3.6

---

- 7. Describing how health can be affected by school and community environments;** A.3.7

---

- 8. Identifying common childhood health problems;** A.3.8

---

- 9. Identifying situations that require health care; and** A.3.9

---

- 10. Identifying body systems and their function including circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous.** A.3.10

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

- 1. Describing ways family and culture influence personal health practices and behavior;** B.3.1

---

- 2. Describing ways that peers influence behavior;** B.3.2

---

- 3. Explaining ways the school can support personal health practices and behaviors;** B.3.3

---

- 4. Discussing ways the media can influence thoughts, feelings, and health behaviors;** B.3.4

---

- 5. Identifying types of technology that influence personal health; and** B.3.5

---

**6. Describing ways that school and community policies promote health and safety.** B.3.6

---

**Demonstrate the ability to access valid information, products, and services to enhance health.**

- 1. Giving examples of valid health information, products, and services; and** C.3.1
  - 2. Identifying resources available at home, school, tribe, and community that provide valid health information.** C.3.2
- 

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

- 1. Expressing ways to show respect for self and others, including those of traditional and contemporary American Indian cultures and practices;** D.3.1
  - 2. Identifying verbal and nonverbal refusal skills;** D.3.2
  - 3. Recognizing conflict and applying nonviolent strategies to manage or resolve conflict; and** D.3.3
  - 4. Discussing situations when it is necessary to seek assistance for the health and safety of self and others.** D.3.4
- 

**Demonstrate the ability to use decision-making skills to enhance health and safety.**

- 1. Identifying routine safety and health-related situations;** E.3.1
  - 2. Discussing situations when support is needed in making safety and health-related decisions;** E.3.2
  - 3. Discussing various options to safety and health-related issues or problems;** E.3.3
  - 4. Discussing possible consequences of choices when making safety and health-related decisions; and** E.3.4
  - 5. Identifying outcomes for various safety, healthy, and unhealthy decisions.** E.3.5
- 

**Demonstrate the ability to use goal-setting skills to enhance health.**

- 1. Describing ways to set personal health goals; and** F.3.1
  - 2. Explaining how friends, adults, and resources help in achieving a personal health goal.** F.3.2
- 

**Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

- 1. Describing practices of healthy behaviors toward self and others;** G.3.1
  - 2. Discussing reasons for responsible personal health behaviors; and** G.3.2
  - 3. Identifying healthy and unhealthy behaviors.** G.3.3
- 

**Demonstrate the ability to advocate for personal, family, and community health.**

- 1. Sharing accurate information about a health issue;** H.3.1
  - 2. Encouraging peers to make positive health choices; and** H.3.2
-

---

**3. Discussing health-related messages and communication techniques.** H.3.3