



Health and Physical Education

Course: Health
Elementary School: Grade 3

Essential Course Information

- Major Revision
- All Year

Course Overview

These courses provide a basic foundation of important health topics. The concepts in these units lay the framework for proper overall health and wellness.

Unit	Estimated Class Time	Overview
<u>Unit 1- Personal & Mental Health</u>	9	In the Personal & Mental Health unit, students will learn effective strategies and behaviors that will reduce illness, prevent injuries, and maintain or enhance one's wellness. Students will learn how to identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom they can talk to about relationships and ask questions about puberty and adolescent health. Students will learn the principles of a balanced nutritional plan (moderation, variety of fruits, vegetables, limiting processed foods) to assist in making nutrition-related decisions that will contribute to wellness. Students will learn proper personal hygiene such as washing hands, taking showers/baths, brushing teeth, flossing, wearing clean clothes, and deodorant.
<u>Unit 2- Social & Emotional Health</u>	16	In the Social & Emotional Health unit, students will learn that self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events. Students will learn different feelings and emotions that people may experience and how they might express these emotions (anger, fear, happiness, sadness, hopelessness, anxiety). Students will learn that all individuals should feel welcome and included regardless of their gender, gender expressions, or sexual orientation.
<u>Unit 3- Safety</u>	9	In the Safety unit, students will learn that safety includes being aware of the environment and identify certain situations that can lead to injury or illness. Students will learn how to communicate safely in an online environment. Students will learn how to set healthy boundaries, know-how and when to say no, and what to do when they feel uncomfortable or find themselves in unsafe situations. Students will learn the community professionals and school personnel that are available to assist and address health emergencies as well as provide reliable information. Students will learn coping strategies that can be used when facing difficult situations.
<u>Unit 4- Health Conditions, Diseases, & Medicines</u>	2	In the Health Conditions, Diseases, & Medicines unit, the students will learn actions that individuals can take to help prevent diseases and stay healthy. Students will learn the different types of medicines and how to take them safely.
<u>Unit 5- Alcohol, Tobacco, & Other Drugs</u>	4	In the Alcohol, Tobacco, & Other Drugs unit, the students will learn products that contain alcohol, tobacco, and drugs and explain potential unhealthy effects. Students will learn health concerns associated with e-cigarettes, vaping products, inhalants, alcohol, opioids, and other drugs, and non-prescribed cannabis products. Students will learn the behaviors of people who struggle with the use of alcohol and drugs and identify the type of assistance that is available. Students will learn the differences between drug use, misuse, abuse, and prescription and illicit drugs. Students will learn how to identify signs and evaluate evidence that a person might have an alcohol, tobacco, and/or drug use problem. Students will learn effective refusal skills of alcohol, e-cigarettes, vaping products, cannabis products, opioids, and other substances that can negatively impact health. Students will learn strategies for seeking assistance for someone impacted by an individual who is struggling with the use/abuse of alcohol or drugs. Students will learn various types of resources that are available in the community and online to assist individuals who struggle with alcohol, tobacco, and drug use/abuse (school nurse, counselor, peer leadership group).

Content Continuum

4

Health Education

5

Health Education

INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. **Google Slides-** Pear Deck and Google Slide presentations.
2. **Youtube Videos-** videos related to the topic and unit.
3. **Smartboard-** to present material.
4. **Supplies-** construction paper, poster board, pencils, crayons/markers, and other materials needed for projects/PBA's.
5. **Google Classroom-** to upload lessons and receive feedback from students.
6. **Chromebooks-** to use with google classroom, Google Slides, and Pear Deck.
7. **Technology-** various technology tools to aid in the delivery of instruction.

KEY FEATURES OF REVISION

- Technology integration
- Technology Standards and Career Ready Practice Standard in each unit
- Student presentation opportunities
- PBA's

Special Education students and Differentiation strategies will be included in the fall during the next curriculum writing cycle.

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