

# STANDARDS FOR HEALTH AND WELLNESS: GRADE 3

## CATALINA FOOTHILLS SCHOOL DISTRICT

### **Standard 1: Essential Health Concepts**

**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

HW.3.1.1 Describe ways in which a safe and healthy school and community environment can promote personal health (for example: walking to school, following/promoting school safety and behavior rules, picking up trash, recycling, school walk programs – Mileage Club, Jump Rope for Heart, classroom rules for behavior, acts of kindness, speed limits, stop signs; required: environmental conditions, health hazards, school or community rules/policies: nutrition guidelines for lunch, immunizations).

HW.3.1.2 Describe symptoms of and strategies for preventing common injuries and health problems (for example: allergies, flu, colds, poisoning; school safety rules, healthy eating, visits to health care professionals, immunizations, dental hygiene, regular physical activity, regular rest and play; required: sun safety practices – drinking water to stay hydrated, sunscreen; basic first aid, when to seek medical assistance – calling 911).

### **Standard 2: Analyzing Influences**

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

HW.3.2.1 Describe how the school and community can support personal health practices and behaviors (for example: community activities and sports, community parks, bicycle/walking paths, CFSD Community Schools program, school lunch programs, recess programs, physical education classes stretch breaks).

### **Standard 3: Accessing Valid Information and Services**

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

HW.3.3.1 Identify characteristics of valid health information, products, and services (for example: trusted health information and source – doctors, nurses, counselors, etc. who work in hospitals, health departments or clinics; credentials for professionals, credible and reliable websites).

### **Standard 4: Interpersonal Communication**

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

HW.3.4.1 Demonstrate effective verbal and nonverbal communication skills to enhance health (for example: appropriate tone/volume of voice, eye contact, personal space/boundaries, active listening to promote healthy relationships). [Connect to English Language Arts Speaking & Listening standards]

HW.3.4.2 Demonstrate nonviolent strategies to manage or resolve conflict (for example: walk away from conflict, “I message,” active listening, asking an adult for help, compromise as a solution to conflict, demonstrating ways to show disapproval without unhealthy conflict; strategies to calm down: counting to 10, taking a break, drawing a picture, talking to someone, taking a walk; required: seeking help from an adult in unsafe situations: bullying, stranger danger, inappropriate touches). [Connect to Developmental Guidance]

### **Standard 5: Decision Making**

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

HW.3.5.1 Choose a healthy option when making a decision (for example: water vs. soda, carrots vs. chips, fruit vs. cake, outdoor play vs. video games, smoking vs. not smoking, drinking alcohol vs. other healthy beverages).

HW.3.5.2 Describe the outcomes of a health-related decision (for example: not wearing a seatbelt or bicycle helmet, vaccinations, personal hygiene, food choices, sunscreen, drinking water, amount of sleep).

### **Standard 6: Goal Setting**

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

HW.3.6.1 Set a short-term goal for positive health practices and track progress. [Connect to Physical Education & Standard 7]

HW.3.6.1 Identify resources to assist in achieving a personal health goal (for example: parents, teacher, nutritionist, personal trainer, PE teacher, Internet resources).

### **Standard 7: Practicing Health-Enhancing Behaviors**

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

HW.3.7.1 Describe ways to enhance health and wellness (for example: eat healthy snacks, exercise, ask adults and friends for suggestions or assistance).

HW.3.7.2 Identify responsible personal health behaviors (for example: benefits of using helmets and other protective gear, walking to school, practice positive thinking – self affirmations, avoiding risky situations). [Connect to Standard 1]

### **Standard 8: Health Promotion**

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

HW.3.8. Encourage others to make positive health choices (for example: dangers of sun exposure, sunscreen, being hydrated, and physical play, knowing when to call 911, knowing when to get an adult for help, using non-violent strategies to solve a problem, using active communication when solving a problem).