

10.1. Concepts of Health		
10.1.3. GRADE 3		
<i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i>		
By Grade 3	HPW: Primary Source	HPW Secondary Source
<p>A. Identify and describe the stages of growth and development.</p> <ul style="list-style-type: none"> • infancy • childhood • adolescence • adulthood • late adulthood 	<p>Kindergarten: TE 138-151 SA 26,27 PA 19,20 Grade 1: TE 163-164, 168-172 FI SA 30 Grade 2: TE 120-123 SA 37, 38 Grade 3: TE 100-103 SA 18 PA 18</p>	<p>Kindergarten B I Want to be Somebody New A Herbie’s Health and Safety Songs P Growth Chart G Creating New Life Grade 1: B I am Growing P Growth Chart G Creating New Life</p>
<p>B. Identify and know the location and function of the major body organs and systems.</p> <ul style="list-style-type: none"> • circulatory • respiratory • muscular • skeletal • digestive 	<p>Kindergarten TE 99, 147 Grade 1: TE 132, 154-161 SA 28-29 EA 13 Grade 2: TE 80-85, 97-99, 130-134 SA 18, 19, 39, 40 PA 13 Grade 3: TE 96-99, 106-113 SA 19, 20, 21 ,22 PA 18</p>	<p>Kindergarten G Body Chart with Attachable Organs Grade 1: G Body Chart with Attachable Organs B My Five Senses Grade 2: P Healthy Choices CD My Amazing Human Body B The Skeleton Inside You G Bones of the Skeletal System Grade 3: B The Magic School Bus: Inside the Human Body, What Happens to a Hamburger, Hear Your Heart CD My Amazing Human Body P Respiratory System G The Digestive System Game</p>
<p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients 	<p>Kindergarten TE 54-58, 67-69 SA 7,8 PA 8 Grade 1: TE 95-115 FI SA 10-13 PA 15-17 Grade 2: TE 68-71, 74-79, 88 SA 14-17 PA 12 Grade 3: TE 72-82 SA 12, 13, 14, 15 PA 14, 15 Tr 5 MyPyramid</p>	<p>Kindergarten C Nutrition Cards, Nutrition & Fitness Cards B HPW Flipchart P Healthy Choices Grade 1: B Berenstain Bears and Too Much Junk Food, The Important Book P Healthy Choices Grade 2: P Healthy Choices G Refrigerator Poster with food group pieces</p>
<p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> • definition of drugs • effects of drugs • proper use of medicine • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs 	<p>Kindergarten TE 90-106 SA 13-18 PA 12, 13 FI Grade 1: TE 120-151 FI SA 14-27 PA 19-24 EA 10-12 Grade 2: TE 92-118 SA 24-36 PA 15-19 Grade 3: TE 116-140 SA 23, 24, 25, 26, 27, 28, 29, 30 PA 19, 20, 21, 22, 23</p>	<p>Kindergarten G Drug Prevention A Herbie’s Health and Safety Songs B Berenstain Bears and the In-Crowd P Healthy Choices Grade 1: B HPW Storybook, Berenstain Bears Double Dare V Leader of the Pac Grade 2: G Drug Concentration Game CD My Amazing Human Body Grade 3: CD McGruff’s Drug-Free Kids</p>

<p>E. Identify types and causes of common health problems of children.</p> <ul style="list-style-type: none"> infectious diseases (e.g., colds, flu, chickenpox) noninfectious diseases (e.g., asthma, hay fever, allergies, lyme disease) germs pathogens heredity 	<p>Kindergarten TE 10-15, 158-169 SA 1,2,29,30,31 PA 2,22 Grade 1: TE 162-167, 174-181 FI bacteria, virus, hygiene, germs SA 30,31,32,33 PA 26,27 Grade 2: TE 156-161 SA 46,47 PA 23 FI disease Grade 3: TE 142-151 SA 31,32,33,34 PA 24,25</p>	<p>Kindergarten A Herbie’s Health and Safety Songs B Wash Your Hands, Keeping Healthy with Herbie P Healthy Choices Grade 1: B Germs Make Me Sick V Healthy Teeth Grade 2: V Growing Up Healthy CD My Amazing Human Body Grade 3: B: Yikes, Lice!; Magic School Bus: Inside Ralphie</p>
<p>10.2. Healthful Living</p> <p>10.2.3. GRADE 3</p> <p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>		
<p>HPW: Primary Source</p>		
<p>HPW Secondary Source</p>		
<p>A. Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.</p>	<p>Kindergarten TE 11-23, 70-72, 160-164 SA 1-3 PA 2 Grade 1: TE 2-9, 32-45, 165-167, 178-180 PA 1, 26, 27 SA 31 EA 15 FL Grade 2: TE 5-6, 30-35, 56-64, 137 SA 5-7, 41 PA 4, 5, 9 Grade 3: TE 4-6, 10-17, 20-27 SA 1, 2, 3 EA 1, 2 PA 2, 3, 4, 5, 6, 7, 8</p>	<p>Kindergarten B HPW Flipchart, I’m Gonna Like Me, When I Feel Sad, Wash Your Hands P Feelings A Herbie’s Health and Safety Songs Grade 1: P Healthy Choices V Healthy Teeth G Germ Game Grade 2: G Healthy Choices Grade 3: B Friends of a Feather, Ramona Quimby, Age 8</p>
<p>B. Identify health-related information.</p> <ul style="list-style-type: none"> signs and symbols terminology products and services 	<p>Kindergarten TE 4, 11, 14, 31, 35, 41, 55, 112-114, 153-155, 170-173 SA 28, 33 PA 21 Grade 1: TE 4, 17, 61-62, 126, 138, 161, 165, 176 FI SA 6 PA 25 Grade 2: TE 10-21, 23, 53, 67, 94-95, 166-169 FI SA 1, 24, 48, 49 PA 24 Grade 3: TE 72-74, 92-93, 117-119, 135, 143 SA 11, 23 PA 19, 22 Tr 4 Nutrition & Fitness Tr 6 Food Labels; Tr 7 Food Safety</p>	<p>Kindergarten C Safety Cards A Herbie’s Health and Safety Songs P Healthy Choices B Berenstain Bears Go to The Doctor Grade 1: C Safety Signs Grade 2: B I Was So Mad Grade 3: G Drug Prevention Concentration Game</p>
<p>C. Identify media sources that influence health and safety.</p>	<p>Grade 1: TE 133 Grade 2: TE 105 Grade 3: TE 88-91, 94, 138 SA 17, 29 PA 17</p>	<p>Grade 1: B HPW Storybook: Herbie Says No Grade 3: B Come Out, Come Out G Refrigerator Poster with Food Group Pieces</p>

<p>D. Identify the steps in a decision-making process.</p>	<p>Grade 1: TE 142-145 FI SA 25 PA 23 Grade 2: TE 46, 116-117 SA 33</p>	
<p>E. Identify environmental factors that affect health.</p> <ul style="list-style-type: none"> • pollution (e.g., air, water, noise, soil) • waste disposal • temperature extremes • insects/animals 	<p>Grade K: TE 76-87 SA 11,12 PA 11 Grade 2: TE 52-64 PA 8,9 Grade 3: TE 48-59 SA 7,8 PA12</p>	<p>Grade K: G Community Health Game Grade 2: FL Community, environment, interaction, cooperation P School Safety Rules Grade 3: V Safety Rules and You</p>
<p>10.3. Safety and Injury Prevention 10.3.3. GRADE 3</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>	<p>HPW Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Recognize safe/unsafe practices in the home, school and community.</p> <ul style="list-style-type: none"> • general (e.g., fire, electrical, animals) • modes of transportation (e.g., pedestrian, bicycle, vehicular) • outdoor (e.g., play, weather, water) • safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully) 	<p>Kindergarten TE 108-117, 124-129 SA 19-20, 23-25 PA 14, 17 Grade 1: TE 68-81, 83-86, 88-92 EA 7, 8 SA 8, 9 PA 11-14 Grade 2: TE 47-48, 140-147, 150-154 SA 42-44 PA 7, 21 Grade 3: TE 36, 50-69 SA 7, 8, 9, 10 EA 5, 6, 7 PA 11, 12, 13</p>	<p>Kindergarten V Safety Rules and You G Fire Safety A Herbie’s Health and Safety Songs Grade 1: P Water Safety, School Safety, Bus Safety G Fire Safety V McGruff’s Guide to Personal Space Grade 2: P Water Safety B Stand Tall Molly Lou Mellon, Berenstain Bears Learn About Strangers CD: The McGruff Files- Dangerous Strangers Grade 3: B The Ant Bully V Safety Rules and You P School Safety G Bicycle Safety</p>
<p>B. Recognize emergency situations and explain appropriate responses.</p> <ul style="list-style-type: none"> • importance of remaining calm • how to call for help • simple assistance procedures • how to protect self 	<p>Kindergarten TE 118-123, 130-136 SA 21, 22 PA 15, 16, 18 Grade 1: TE 60-65, 145 FI SA 6,7 EA 6 PA 10, 23 Grade 2: TE 148-149 SA 45 PA 21</p>	<p>Kindergarten P Emergency V Critter Jitters Grade 1: P Emergency</p>
<p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> • walk away • I-statements • refusal skills • adult intervention 	<p>Kindergarten TE 22-23, 48-51 PA 3 Grade 1: TE 46-51 SA 4 PA 8 Grade 2: TE 44 FI SA 10,11 PA 7 EA 1 Grade 3: TE 32-38, 40-45 SA 5, 6 EA 4 Tr 1 Communication Skills; Tr 3 Handling Emotions: Coping Skills</p>	<p>Kindergarten B When Sophie Gets Angry, How to be a Friend Grade 1: B Berenstain Bears Get in a Fight, The Recess Queen Grade 2: C Problem Solving Grade 3: P 3 Ps of Constructive Criticism C Conflict Resolution Cards B I’m So Angry, I Could Scream</p>

<p>D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p>	<p>Kindergarten TE 61 Grade 2: Grade 3: TE 86</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit, B Kids in Action Grade 2:</p>
<p>10.4. Physical Activity 10.4.3. GRADE 3</p>		
<p><i>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</i></p>		
<p>By Grade 3</p>	<p>HPW Primary Source</p>	<p>HPW Secondary Source</p>
<p>A. Identify and engage in physical activities that promote physical fitness and health</p>	<p>Kindergarten TE 62-34 SA 9 PA 9 Grade 1: TE 117-118 PA 18 Grade 2: TE 25-27, 73 SA 4 PA 3 Grade 3: TE 85 Tr 4 Nutrition and Fitness</p>	<p>Grade 1: B Kids in Action Grade 2: B Kids in Action Grade 3:</p>
<p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p>	<p>Kindergarten TE 61-62 Grade 1: Grade 2: TE 71-72</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit Grade 1:</p>
<p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • heart rate • breathing rate 	<p>Kindergarten TE 61-62 Grade 1: TE 118 Grade 2: TE 71-72, 85 FI PA 13 Grade 3: TE 86-87 PA 16</p>	<p>Kindergarten V Get Ready, Get Set, Get Fit Grade 1: B Kids in Action Grade 2:</p>
<p>D. Identify likes and dislikes related to participation in physical activities.</p>	<p>Kindergarten TE 63 SA 10 Grade 1: Grade 2: TE 87 SA 21 Grade 3: TE 87 PA 16</p>	<p>Grade 1: Grade 3: B Kids in Action</p>
<p>E. Identify reasons why regular participation in physical activities improves motor skills.</p>	<p>Kindergarten TE 63 Grade 1: Grade 2: Grade 3:</p>	<p>Kindergarten B Kids in Action Grade 1: Grade 2:</p>
<p>F. Recognize positive and negative interactions of small group activities.</p> <ul style="list-style-type: none"> • roles (e.g., leader, follower) • cooperation/sharing on task participation 	<p>Kindergarten TE 7-8, 24-28, 38-47 SA 4 PA 6, 7 Grade 1: TE 16-25, 52-58 FI SA 1,2,5 EA 3, 5 PA 3, 9 Grade 2: TE 7-8, 36-42 SA 8, 9 PA 6 Grade 3: TE 7-9 PA 1</p>	<p>Kindergarten P Classroom Rules, Special People B Being Friends, David Gets in Trouble, The Giving Tree, Why Am I Different? Grade 1: P Classroom Rules, Feelings CD Travel the World with Timmy B Berenstain Bears and the Messy Room, When I Get Angry, The Bravest Mouse Grade 2: P Classroom Rules B Frog and Toad All Year Grade 3: CD Arthur’s Teacher Troubles P Classroom Rules</p>
<p>10.5. Concepts, Principles and Strategies of Movement **See PE Curriculum**</p>		