

Grade Three Health Education Curriculum Overview

Core Unit	MLR	Essential Understandings / Key Concepts
<p>Communication Strategies</p> <ul style="list-style-type: none"> • Conflict Resolution Strategies • 4 Types of Conflict 	<p>C2a C3 E1a E1b E1e</p>	<ul style="list-style-type: none"> - Conflict resolution strategies can be used successfully to solve problems within families. - Responding to different types of aggression (bullying, anger) requires utilizing effective response strategies. - Effective coping skills can help when dealing with loss, disappointment, trauma and stress. - Respectful verbal and non-verbal communication skills should be used. - Differentiate between aggressive and assertive behavior.
<p>Human Body</p> <ul style="list-style-type: none"> • Basic Care of Systems to Promote Health • Digestive System and Nutrition <ul style="list-style-type: none"> -6 Nutrients -Selecting Health Foods When Away from Home -Food Safety -Table Manners 	<p>A1 A6 C1b</p>	<ul style="list-style-type: none"> - Personal health habits (sleep, diet, physical activity) impact attitudes and how people behave. - Healthy eating and regular exercise promote good health. - The most important function of teeth is to aid in digestion of food.
Nutrition Tips	C3	
Daily Motor Break	<p>C1b D1a</p>	<ul style="list-style-type: none"> - Daily physical activity maintains and improves body system functioning. - Physical activity opportunities are provided in school and by the community.