

Health (3)

Physical Education and Health

Grade(s) 3rd, Duration 1 Year, 1 Credit
Required Course

Course Overview

Most health components are taught by classroom teachers. Circulatory and Respiratory systems are highlighted by the PE teacher in February. Family connections are encouraged, using materials from Jump Rope for Heart.

Scope And Sequence

| Timeframe | Unit | Instructional Topics |
|-----------|----------------------------|---|
| 2 Week(s) | Personal Health and Safety | 1. Responsible health choices 2. Cardiovascular Health Promotion |

Materials and Resources

Macmillan & McGraw - Hill Health and Wellness, Grade 3
Brainpop Jr. web site
Local fire department
Douglas County dispatch dept. to talk about 911 calls
Career on Wheels

Course Details

Unit: Personal Health and Safety

Duration: 2 Week(s)

Unit Overview

This covers many topics related to personal health and safety, and conflict resolution.

Materials and Resources

Health textbook, Section C; classroom visits from health and safety professionals; CHAMPS resources.
Counselor teaches certain concepts of this unit in guidance lessons.

Academic Vocabulary

Hygiene, checkups, vision, personal safety, CHAMPS vocabulary, conflict, resolution, I-statements, peer pressure,

Summative Assessment

Assessments may be observations made by the teacher, written exams, or performance assessments.

Topic: Responsible health choices

Duration: 2 Week(s)

Topic Overview

Students will understand components of personal health and safety. Using CHAMPS as a resource, teachers will imbed procedures that will assist students in making positive choices.

Learning Targets

Personal health

Students will identify components related to personal health, keeping themselves healthy, and making use of medical community to assist personal health.

Personal safety

Students will learn basic personal safety practices i.e. using a bike helmet, fire safety rules, 911 expectations and procedures, and school-wide safety drills.

Conflict resolution

Students will learn steps to resolving a conflict, getting along with others, and how to deal with peer pressure.

Topic: Cardiovascular Health Promotion

Duration: 2 Day(s)

Topic Overview

Students will demonstrate knowledge of the function of the cardiovascular system.

Learning Targets

Practical exercise, circulatory system.

Students will role-play a red blood cell as it circulates through the circulatory system and the lungs. This activity takes place in PE class.

Endurance Assessment

Students will participate in endurance activities to assess their cardiovascular health.

Jump Rope for Heart

Students will participate in class activities connected with annual Jump Rope for Heart competition, during PE class.

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