



**HEALTH**  
**THIRD GRADE**  
**17.00400**

## Third Grade Health Education Standards

### 17.00400

*Students in third grade learn and apply health skills in areas such as disease prevention, nutrition, healthy relationships, use of tobacco, and use/abuse of alcohol. Students begin to recognize the existence of myths related to health information, distinguish fact from fiction, and set simple goals for promoting personal health and preventing disease. Students assume personal responsibility for helping promote health at school and in the community.*

#### **HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

**Description:** Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Third grade students will identify health enhancing behaviors and describe behaviors related to disease and injury prevention.

- a. Identify the link between healthy choices and being healthy.
- b. Recognize times when it might be important to seek health care or emergency help.
- c. Give examples of intellectual, physical, emotional, and social health.

#### **HE3.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Third grade students will comprehend a variety of internal and external factors that influence health practices and behaviors.

- a. Describe how the family influences personal health practices.
- b. Identify how peers can influence healthy and unhealthy behaviors.
- c. Identify consumer influences.

#### **HE3.3: Students will demonstrate the ability to access valid information and products and services to enhance health.**

**Description:** Students will identify valid health information and health-promoting products and services for the prevention, early detection, and treatment of health problems. Third grade students will locate local resources that provide valid health information.

- a. Describe characteristics of valid health information, products, and services.
- b. Label resources from home, school, and community that provide valid health information.

**HE3.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Third grade students will use effective verbal and nonverbal communication skills to develop and maintain quality relationships and avoid conflicts

- a. Recognize the importance of assertively refusing pressure to engage in an unhealthy behavior.
- b. Identify how listening skills can be used to build and maintain healthy relationships.
- c. Recognize causes of conflicts and applies nonviolent strategies to manage or resolve

**HE3.5: Students will demonstrate the ability to use decision-making skills to enhance health.**

**Description:** Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Third grade students will indicate when support is needed for making thoughtful decisions about health-related issues or problems.

- a. Indicate routine health-related situations.
- b. Discuss situations when support is needed when making a health-related decision.
- c. Discuss various options to health-related issues or problems.
- d. Indicate the possible consequences of each choice when making a health-related decision.
- e. Identify a healthy choice when making a decision.

**HE3.6: Students will demonstrate the ability to use goal-setting skills to enhance health.**

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Third grade students will select a long-term goal, determine actions to achieve the goal, and recognize who can assist them with reaching their goals.

- a. Select a personal long-term health goal and determine actions needed to achieve the goal.
- b. Recognize resources needed to achieve a personal health goal.

**HE3.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Third grade students will demonstrate healthy skills to prevent injuries, diseases, and disorders.

- a. Practice healthy behaviors.
- b. Perform healthy practices that maintain or improve personal health.
- c. Demonstrate actions to avoid and reduce health risks.

**HE3.8: Students will demonstrate the ability to advocate for personal, family, and community health.**

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Third grade students will share accurate health information and demonstrate healthy behaviors to encourage others to practice healthy behaviors.

- a. Share accurate information about a health issue.
- b. Encourage others to make positive health choices.