Grade 3 Health Standards & Benchmarks

Standard 1
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of Grade 3
1. Discuss the relationship between healthy behaviors and well-being
2. Identify indicators of the dimensions of well-being (social, physical, emotional/mental, spiritual)
3. Describe and practice ways to prevent common childhood injuries
4. Describe when it is important to seek health care
5. Identify structures and systems of the human body

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of Grade 3
1. Discuss the roles of various health professionals
2. Demonstrate the ability to locate health information from parents, family members, the school and the community

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of Grade 3
1. Discuss and practice a variety of healthy practices and behaviors to maintain or improve personal health
2. Discuss a variety of behaviors that avoid or reduce health risks
3. Discuss injury prevention and management strategies for personal health

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of Grade 3
1. Describe how technology influences personal health practices and behaviors
2. Identify media influences on thoughts, feelings and health behaviors
3. Recognize what the school does to support personal health practices and behaviors

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of Grade 3
1. Demonstrate effective verbal and nonverbal communication skills to enhance health.
2. Accurately interpret non-verbal communications
3. Identify refusal skills used to avoid or reduce health risks
4. Identify non-violent strategies to manage or resolve conflict
5. Identify how to ask for assistance to enhance personal health
6. Demonstrate healthy ways to express needs, wants & feelings
7. Demonstrate ways to communicate care, consideration and respect of self and others
Standard 6
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.

By the end of Grade 3
1. Apply a decision making process to a health related issue
2. Identify and discuss various sources of health information
3. Identify the steps in the goal setting process
4. Describe how goal setting skills can enhance health

Standard 7
Students will demonstrate the ability to advocate for personal, family and community health.

By the end of Grade 3
1. Identify opportunities to share information about health issues
2. Discuss ways to help others make positive health choices
3. Discuss community agencies that are associated with healthy individuals, families and communities