

Scope and Sequence

Third Grade Health

Subject	Grade	9 Weeks	Estimated Time Frame
Health Education	3rd	All Year	Ongoing
TEKS / Student Expectations:		Examples / Specifications:	
3.1A Explain how personal-health habits affect self and others		3.1A Such as not sharing hats and combs to prevent head lice	
3.1B Describe ways to improve personal fitness		3.1B Classroom discussion about activities such as fitness walking, jogging, games and sports	
3.1C Identify types of nutrients		3.1C Such as calcium is a nutrient in milk and protein is a nutrient in hamburgers.	
3.1D Describe food combinations in a balanced diet such as a food pyramid			
3.1F Explain strategies for maintaining a personal-health plan such as a commitment to good personal hygiene and checkups and an awareness of safety skills		3.1F Such as discussing and developing personal daily exercise log	
3.2A Explain the need for obeying safety rules at home, school, work, and play such as bike safety and avoidance of weapons		3.2A Classroom discussion on ways to stay healthy and safe	
3.2B Describe the harmful effects of alcohol, tobacco, and other drugs on physical, mental, and social health and why people should not use them		3.2B Discussions such as staying away from drugs because they are against the law and when you don't use them you can respect yourself	
3.2E Describe the importance of taking personal responsibility for reducing hazards, avoiding accidents, and preventing accidental injuries		3.2E Such as wearing a helmet and looking both ways before crossing a street	
3.4A List and explain the stages of growth and development		3.4A Discussions such as emphasizing that people grow and change differently but everyone goes through the same stages.	

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3.4B Name and locate major components of the body systems	3.3B Such as the circulatory, skeletal, and digestive
3.4C Explain the interrelationships of the body systems	3.4C Discuss why each system needs each other
Language of Instruction:	Instructional Resources / Textbook Correlations:
	Coordinated School Health Program: <i>SPARK</i> - Healthy Lifestyle Choices (HLC) .
External Assessment:	Weblinks / Other Resources: <i>Located Under Resources Tab</i>
Best Instruction:	Local Assessment: