

3RD GRADE HEALTH CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors

PRINCIPLES OF HEALTH PROMOTION

- _____ Explain how good hygiene can prevent illness.
- _____ Discuss the importance of regular dental exams.
- _____ Realize how bacteria grow.
- _____ Describe ways that viruses are transmitted.
- _____ List ways that people can prevent accidents.
- _____ Show proper safety procedures on buses and on playgrounds.
- _____ Follow playground safety rules.
- _____ Simulate proper procedures to follow when dealing with a variety of traffic situations.
- _____ List places at home where dangerous chemicals can be found, and explain what should be done to make sure that they do not cause injury or illness.
- _____ Compare and contrast the feelings of being well and sick.
- _____ List the three types of primary teeth and their function.
- _____ Simulate personal response to fire situations (stop/drop/roll, don't open doors with hot door knobs, move on knees).

INFLUENCES ON HEALTH

- _____ Record daily personal hygiene behaviors.
- _____ Recite and follow rules for playground safety.
- _____ Demonstrate knowledge of safety rules within the school.
- _____ Explain the roles of school personnel responsible for health-related services.
- _____ Recognize when to use health-related services within the school.

_____ Describe how to access health-related services within the school.

_____ Cite ways that the media influences health-related behavior.

HEALTH AND ENVIRONMENT

_____ Explain how prolonged exposure to the sun can pose a health risk.

_____ Cite examples of noise pollution.

_____ Name items that are seen or used daily that pollute the environment.

_____ Discuss forms of pollution found in the school, community, and home.

_____ Identify ways that pollution can be a health risk.

_____ Describe how elements of the environment affect personal health.

_____ Discover possible causes of air pollution.

_____ Discover possible causes of water pollution.

_____ Describe what the ozone layer is and why it is important.

BODY SYSTEMS

_____ Build/construct a human body, consisting of the following parts: head, neck, shoulders, elbows, arms hands, fingers, chest, legs, hips, ankles, feet, and toes.

_____ Explain the function of the ankles, knees, hips, shoulders, elbows, and neck.

_____ Understand the basic function of a muscle.

_____ Discuss proper drug use vs. drug abuse.

_____ Identify consequences (good and bad) of choosing to use any type of substance.

_____ Define the word 'nutrient'.

_____ Identify major nutrients and their food sources.

_____ Distinguish between 'good' food and 'junk' food.

_____ Cite ways to build physical activity into daily routines.

_____ Recognize how feelings/emotions affect physical, mental, emotional, and social health.

_____ List choices that have a positive influence on health.

_____ List choices that have a negative influence on health.

GROWTH AND DEVELOPMENT

_____ Describe factors that promote dental carries.

_____ Define the word 'stress'.

_____ Cite examples of positive and negative stressors.

_____ Explain the relationship between fitness and physical activity.

_____ Recognize and accept individual differences.

_____ Define the words 'prejudice' and 'discrimination'.

_____ List growth factors that change one's self-image.

_____ Explain how eating and activity affect growth and development.

_____ Describe how emotions affect choices, behaviors, and functions of the body.

_____ Identify ways that environment affects feelings.

_____ Describe different kinds of friendships.

_____ Realize that learning to get along with others is a process unique to every person.

_____ Describe the effects healthy and unhealthy lifestyle choices have on growth and development.

COMMUNICATION AND CONFLICT

_____ Name positive and negative components of a healthy relationship.

_____ Describe how emotions affect choices and behavior.

_____ Recognize that people have different emotional responses to situations.

_____ Demonstrate the ability to make good choices.

_____ Identify causes of conflict.

_____ List types of non-verbal communication (e.g., eyes, facial expressions, posture).

_____ Discuss rules for communicating in a group situation.

_____ Apply good communication skills to avoid conflict.

- _____ Predict the consequences of behavior choices.
- _____ Compare and contrast possible consequences of behavior at home, at school, and in the community.
- _____ Identify motives for bullying.

DECISION MAKING SKILLS

- _____ Recall how brushing and flossing teeth prevents tooth decay.
- _____ Practice brushing teeth with proper technique.
- _____ Explain how basic cleanliness protects your health.
- _____ Explain how unsafe choices negatively affect health.
- _____ Explore ways to make appropriate choices.
- _____ Explain consequences for poor health.

ESSENTIAL HEALTH SKILLS

- _____ Discuss how one might feel when experiencing 'good touches' and 'bad touches'.
- _____ Define and recite 'refusal skills'.
- _____ Describe a situation when you would use a refusal skill.
- _____ Describe a situation when you would need assistance.
- _____ Discover the functions of emergency medical services (911).