Scope and Sequence

Content Area: Health
Course(s): Health
Time Period: Full Year

Length: Length of the Course

Status: Published

Course Overview

The third grade Health curriculum dives further in-depth in how students can create and maintain a healthy lifestyle for themselves. students will gain an understanding of some of the background systems that support their body and then learn strategies on how to develop and support these systems such as through fitness, exercise, and nutritious eating. They will also learning the value of maintenance of personal hygiene as well as saying "no" to bad influence such as drugs and alcohol. Furthermore, students will also learn about important ways to keep their bodies safe by wearing helmets and practicing safe habits when riding in vehicles.

Scope and Sequence

	Order of the Unit	Title of the Unit	Time Frame
	Unit 1	Mental, Emotional, Family, and Social Health	9 Weeks
	Unit 2	Growth and Nutrition	12 Weeks
	Unit 3	Personal Health and Safety	11 Weeks
	Unit 4	Drugs and Disease Prevention	5 Weeks

Date of Board Approval

This curriculum was approved by the Green Brook Board of Education on July 24, 2017.