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.