

3rd Grade American Online School

HEALTH EDUCATION CURRICULUM

Caring for the Body, Understanding Health, and Building Habits for Life

Version May/2025

1. Introduction

The Role of Art Education in 3rd Grade

The 3rd Grade Health Education curriculum builds a foundation for lifelong well-being by helping students understand how daily habits influence health. Learners explore personal hygiene, nutrition, and the importance of physical, emotional, and social wellness. Through interactive lessons and reflective activities, students build knowledge and personal responsibility for their own health choices.

By the end of this course, students will:

- ✓ **Explain the importance of caring for teeth, skin, and overall hygiene.**
- ✓ **Recognize healthy and unhealthy choices related to nutrition and movement.**
- ✓ **Describe how to maintain emotional and physical balance.**
- ✓ **Understand the connection between health behaviors and body function.**
- ✓ **Reflect on personal wellness and set age-appropriate health goals.**

2. Core Competence Areas

HE.1 Personal Hygiene and Dental Health

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Describe how to care for teeth, skin, and personal hygiene.
- ✓ Understand the effects of germs and how to prevent illness.
- ✓ Build healthy hygiene routines.

Competencies

HE.1.A.1 – Practicing daily hygiene habits.

- Create a hygiene checklist (brushing, washing, nail care).
- Identify tools for cleanliness and how to use them correctly.

HE.1.A.2 – Understanding oral health.

- Learn the parts of the mouth and how cavities form.
- Design a “Smile Strong” poster promoting dental health.

HE.2 Foundations of Health Awareness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Define “health” as a balance of body, mind, and habits.
- ✓ Name ways to prevent illness and promote energy.
- ✓ Identify trusted adults to talk to about health concerns.

Competencies

HE.2.A.1 – Exploring what it means to be healthy.

- Sort daily choices into “health boosters” and “health risks.”
- Learn about germs, rest, hydration, and protective behaviors.

HE.2.A.2 – Advocating for one’s well-being.

- Role-play asking for help when sick, tired, or stressed.
 - Create a “My Healthy Day” routine visual.
-

HE.3 Nutrition and Fuel for the Body

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Describe the five food groups and their benefits.
- ✓ Recognize foods that provide energy and nourishment.
- ✓ Practice making healthy snack and meal choices.

Competencies

HE.3.A.1 – Understanding food as fuel.

- Label food group plates and match nutrients to body functions.
- Create a “Build-a-Meal” menu based on balance.

HE.3.A.2 – Reflecting on eating habits.

- Track snacks and meals for one week.
 - Compare sugar content in favorite drinks and foods.
-

HE.4 Healthy Living and Active Choices

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the benefits of movement, rest, and recreation.
- ✓ Identify daily habits that support a healthy body.
- ✓ Describe how exercise supports the heart, muscles, and mood.

Competencies

HE.4.A.1 – Connecting movement to wellness.

- Participate in fitness break routines and track energy levels.
- Describe how it feels to be active versus sedentary.

HE.4.A.2 – Practicing a balanced lifestyle.

- Create a personal weekly wellness plan.
 - Design a health poster on “Small Choices, Big Results.”
-

HE.5 My Healthy Body

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Recognize basic body systems (digestive, muscular, skeletal).
- ✓ Understand how health choices affect how the body works.
- ✓ Show appreciation for body uniqueness and abilities.

Competencies

HE.5.A.1 – Learning how the body functions.

- Label and describe parts of major body systems.
- Link food, rest, and movement to how the body feels and works.

HE.5.A.2 – Celebrating body positivity and care.

- Engage in guided reflections on gratitude for what the body can do.
 - Write a “Thank You” letter to a part of the body for what it helps them do.
-

3. Assessment and Evaluation

Formative Assessments – Daily Reflection and Activities

- ✓ Hygiene checklist completion.
- ✓ Nutrition journaling and food group sort.
- ✓ Fitness tracking and goal setting.

Summative Assessments – Creative Demonstrations

- ✓ “Build-a-Meal” and “My Healthy Day” poster presentations.
- ✓ Quiz on body systems and food group matching.
- ✓ Oral reflection on favorite healthy activity.

Authentic Assessment – Habits and Habits in Action

- ✓ One-week behavior challenge (hydration, sleep, brushing).
- ✓ Health Hero Campaign with a class health pledge.
- ✓ Peer sharing of healthy tips and routines.

4. Instructional Strategies for Online Learning

Hands-On and Reflective Activities

- ✓ Use movement, sorting, drawing, and music in health routines.
- ✓ Daily "wellness circle" to share goals and tips.

Integrated Learning

- ✓ Math: Graph snack data and track minutes of activity.
- ✓ Art: Create health-themed posters or comic strips.
- ✓ ELA: Read books on hygiene, nutrition, and emotions.

Safe and Supportive Learning Environment

- ✓ Normalize questions about health and growth.
- ✓ Emphasize self-respect and body confidence.
- ✓ Foster empathy through shared wellness stories.