

## WARREN COUNTY SCHOOL DISTRICT

### PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Health 3

**Course Number:** 08367

**Course Prerequisites:** None

**Course Description:** Health 3 shall teach, challenge, and support the exploration of concepts for healthy living. Health will occur one session per week for one marking period. Students will have access to valid health information through QuaverEd Health-PE Online. Health 3 will receive a Pass/Fail mark on their report card.

**Suggested Grade Level:** Grade 3

**Length of Course:** Once A Week

**Units of Credit:** None

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG # 47 or #69

To find the CSPG information, go to [CSPG](#)

**Certification verified by the WCSD Human Resources Department:** ☒ Yes ☐ No

#### **WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☐ EXM – Final Exam

**GPA Type:** ☒ GPAEL-GPA Elementary ☐ GPAML-GPA for Middle Level ☐ NHS-National Honor Society  
☐ UGPA-Non-Weighted Grade Point Average ☐ GPA-Weighted Grade Point Average

**State Course Code:** 08073

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:** n/a

**Publisher:** n/a

**ISBN #:** n/a

**Copyright Date:** n/a

**WCSD Board Approval Date:** n/a

**Supplemental Materials:** QuaverEd-Health and PE

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 3/21/2024

**Date Approved:** 6/10/2024

**Implementation Year:** 2024-2025

**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

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**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1:**

1. General Health
2. Social Behavior
3. Responsible Decision Making
4. Healthy Practices and Hygiene

**Marking Period 2:**

1. Mental Health and Wellness
2. Healthy Eating and Nutrition
3. Disease and Illness Prevention
4. Safety and Accident Prevention

**Marking Period 3:**

1. General Health
2. Social Behavior
3. Responsible Decision Making
4. Healthy Practices and Hygiene

**Marking Period 4:**

1. Mental Health and Wellness
2. Healthy Eating and Nutrition
3. Disease and Illness Prevention
4. Safety and Accident Prevention

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**Standards/Eligible Content and Skills**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Marking Period Taught</b>
Become aware of health practices at school.	10.1.6.A	MP1 or MP3
Explore the difference between healthy and unhealthy influences or traditions.	10.1.6.A	MP1 or MP3
Manage or resolve conflict in an appropriate and peaceful manner.	10.3.6.C	MP1 or MP3
Distinguish between healthy and unhealthy friendships.	10.3.6.C	MP1 or MP3
Recognize that there are a variety of solutions and consequences that can occur in any situation.	10.3.6.C	MP1 or MP3
Set a health-related goal and consider the possible outcomes if the goal is achieved.	10.2.6.D	MP1 or MP3
Understand personal responsibility for online usage as well as identify appropriate people to communicate with and information to share.	10.2.6.C	MP1 or MP3
Introduce four body systems: nervous, digestive, immune, and integumentary.	10.1.6.B	MP1 or MP3
Reinforce and practice different ways to improve dental hygiene.	10.2.6.A	MP1 or MP3
Identify and implement healthy strategies for coping with physical, mental, and emotional concerns.	10.2.6.D	MP2 or MP4
Recognize stressors and apply proven strategies to avoid or relieve symptoms of stress	10.2.6.D	MP2 or MP4
Create healthy nutritional habits by selecting nutrient-dense foods.	10.1.6.C	MP2 or MP4
Make healthy food choices using valid and reliable resources.	10.1.6.C	MP2 or MP4
Understand how peers can influence each other positively or negatively when it comes to alcohol, tobacco, and drugs.	10.1.6.D	MP2 or MP4
Provide students with detailed knowledge about what happens during a visit to the eye or ear doctor.	10.2.6.A	MP2 or MP4
Become aware of diseases not caused by germs.	10.1.6.E	MP2 or MP4
Understand how to enjoy the water safely and how to prevent injury or drowning.	10.3.6.A	MP2 or MP4
Understand how to ask for and get help in an unsafe situation and how to seek assistance in making decisions regarding personal safety.	10.3.6.A	MP2 or MP4

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#### **ASSESSMENTS**

**PDE Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Class Participation, Teacher Observation

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Projects, Quizzes, Tests, and Written Assignments