# COURSE DESCRIPTION

**Course Title:** Health 3

**Course Number:** 08367

### Course Prerequisites: None

**Course Description:** Health 3 shall teach and support the exploration of concepts for healthy living, including general health, social behavior, responsible decision-making, healthy practices and hygiene, mental health and wellness, healthy eating and nutrition, PBIS, disease and illness prevention, safety and accident prevention, and anti-bullying strategies.

**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](https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx)

**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,](https://nces.ed.gov/forum/sced.asp) download the Excel file for *SCED*, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

# TEXTBOOKS AND SUPPLEMENTAL MATERIALS

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

|  |  |
| --- | --- |
| **Title:**  **Publisher:** | QuaverEd Health-PE  n/a |
| **ISBN #:** | n/a |
| **Copyright Date:** | n/a |
| **WCSD Board Approval Date:** | 6/12/23 |
| **Supplemental Materials:** |  |

|  |  |
| --- | --- |
| **Curriculum Document** |  |
| **WCSD Board Approval: Date Finalized:** | 2/12/2025 |
| **Date Approved:** | 5/05/2025 |
| **Implementation Year:** | 2025-2026 |

## 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).

# SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS

## Marking Period 1:

1. General Health
2. Social Behavior
3. PBIS

## Marking Period 2:

1. Responsible Decision Making
2. Healthy Practices and Hygiene

## Marking Period 3:

1. Mental Health and Wellness
2. Healthy Eating and Nutrition
3. PBIS

## Marking Period 4:

1. Disease and Illness Prevention
2. Safety and Accident Prevention
3. Anti-Bullying

**Standards/Eligible Content and Skills**

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

# 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