

DEPARTMENT NAME:  
Health and Wellness  
Health Education

GRADE LEVEL: 3

**YEAR AT A GLANCE**  
**Student Learning Outcomes by Marking Period**  
**2017-2018**

| FIRST TRIMESTER   | Overarching/general themes   |  |
|---|--|--|
| Dates   | Textual References   | To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):  |
| Marking Period Starts:<br>9/7/17<br><br>Suggested Completion Date:<br>10/6/17   | Unit: Healthy Balance<br><br>Unit Title: Nutrition Education and Physical Activity<br><br>Unit Skills: Analyzing Influences, Goal Setting  | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Explain the benefits of healthy eating and being physically active (3.GM.K1, NHES 1.5.1) <i>MM NPA Lesson 1</i></li> <li>• Analyze how food advertising impacts our eating behaviors (3.AI.S2, NHES 2.5.5) <i>MM NPA Lesson 2</i></li> <li>• Develop a plan to be physically active (3.GM.S2, NHES 6.5.1) <i>MM NPA Lesson 3</i></li> <li>• Develop an action plan to invite and involve family members in eating healthy and staying active (3.GM.S1, NHES 2.5.2) <i>MM NPA Lesson 4, 5</i></li> <li>• Explain the components of a food label (3.GM.K2, NHES 3.5.1)</li> </ul>       |
| Suggested Completion Date:<br>12/1/17<br><br>First Marking Period Ends:<br>12/1/17  | Unit: Healthy Mind<br><br>Unit Title: Social and Emotional Health<br><br>Health Education Skills: Interpersonal Communication, Goal Setting<br><br>SEL Skills: Self-Management, Social Relations | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Demonstrate the ability to make and keep friends (3.IC.S1, NHES 4.5.1) <i>MM SE Lesson 2</i></li> <li>• Demonstrate the ability to use effective communication skills (3.IC.S1, NHES 4.5.1) <i>MM SE Lesson 2</i></li> <li>• Demonstrate the ability to support and respect people with differences (3.IC.S1, NHES 4.5.1, NHES 4.5.3) <i>MM SE Lesson 5</i></li> <li>• Identify ways people help each other (3.IC.K1b, NHES 7.5.1) <i>MM SE Lesson 6</i></li> <li>• Demonstrate how to effectively deal with annoying behavior (3.DM.S4, NHES 4.5.1) <i>MM SE Lesson 8</i></li> </ul> |
| First Marking Period Ends: 12/1/17<br><br>Assessments During This Period: Michigan Model for Health Grade 3: Nutrition and Physical Activity Pre-Unit Test/Post-Unit Test;<br>Michigan Model for Health Grade 3: Social and Emotional Health – Pre-Unit Test/Post-Unit Test |  |  |

DEPARTMENT NAME :  
Health and Wellness  
Health Education

GRADE LEVEL: 3

**YEAR AT A GLANCE**  
**Student Learning Outcomes by Marking Period**  
**2017-2018**

| SECOND TRIMESTER  |   |   |
|---|---|---|
| Dates   | Overarching/general themes  | Textual References  |
| To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references): |   |   |
| Marking Period Starts:<br>12/4/17<br><br>Suggested Completion Date:<br>2/16/18                            | Unit: Healthy Body/Safe Body<br><br>Unit Title: Safety<br><br>Unit Skills: Accessing<br>Resources, Decision Making                                | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Describe characteristics of safe and unsafe places (NHES 1.5.3) <i>MM S Lesson 3</i></li> <li>• Identify dangerous or disturbing situations that need to be reported to an adult (3.DM.K1, NHES 1.5.3, NHES 5.5.1) <i>MM S Lesson 3</i></li> <li>• Describe strategies to stay safe in potentially harmful situations (3.DM.S2, NHES 7.5.3) <i>MM S Lesson 4</i></li> <li>• Describe how to ask a trusted adult for help (3.AR.K2, NHES 3.5.2, NHES 4.5.4) <i>MM S Lesson 4</i></li> </ul> |
| Suggested Completion Date:<br>3/16/18<br><br>Second Marking Period Ends:<br>3/16/18                       | Unit: Healthy Lifestyle<br><br>Unit Title: Tobacco and Other<br>Drugs<br><br>Unit Skills: Analyzing<br>Influences, Interpersonal<br>Communication | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Identify the short and long term effects of using tobacco, including addiction (3.AI.K3b, 3.IC.K2, NHES 1.5.1) <i>MM ATOD Lesson 2</i></li> <li>• Identify ways the media influences young people to use tobacco (3.AI.S3, NHES 2.5.5) <i>MM ATOD Lesson 3</i></li> <li>• Demonstrate verbal and non-verbal ways to refuse tobacco use (3.IC.S2, NHES 4.5.2) <i>MM ATOD Lesson 6</i></li> </ul>  |

Second Marking Period Ends: 3/16/18

Assessments During This Period: Michigan Model for Health Grade 3: Safety Pre-Unit Test/Post-Unit Test

DEPARTMENT NAME:  
Health and Wellness  
Health Education

GRADE LEVEL: 3

**YEAR AT A GLANCE**  
**Student Learning Outcomes by Marking Period**  
**2017-2018**

| THIRD TRIMESTER   | Overarching/general themes  |  |
|---|---|--|
| Dates   | Textual References  | To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):  |
| Marking Period Starts:<br>3/19/18<br><br>Suggested Completion Date:<br>4/13/18  | Unit: Healthy Body/Safe Body<br><br>Unit Title: Taking Care of Self<br><br>Unit Skills: Decision Making,<br>Accessing Resources | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Identify reasons why getting enough sleep is important (3.DM.K1, NHES 7.5.1)</li> <li>• Practice two strategies to help you fall asleep (3.DM.S1, NHES 5.5.3, NHES 7.5.2)</li> <li>• Identify places where you can get information about your health (3.AR.S2, NHES 3.5.1)</li> </ul>   |
| Suggested Completion Date:<br>6/20/18<br><br>Third Marking Period Ends:<br>6/20/18  | Unit: Healthy Mind<br><br>Unit Title: Conflict Resolution<br><br>Unit Skills: Interpersonal<br>Communication, Goal Setting      | <b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>• Describe why it is important to appreciate other points of view (NHES 1.5.2)<br/><i>MM SE Lesson 3</i></li> <li>• Demonstrate ways to show patience and kindness (3.IC.S1, NHES 1.5.1)<br/><i>MM SE Lesson 7</i></li> <li>• Practice nonviolent strategies to manage conflict (3.IC.S1, NHES 4.5.3)<br/><i>MM SE Lesson 8</i></li> <li>• Set a team goal and work together to track progress toward achieving it (3.GM.S2, NHES 6.5.1)</li> </ul> |
| Third Marking Period Ends: 6/20/18<br><br>Assessments During This Period: Michigan Model for Health Grade 3: Social and Emotional Health – Post-Unit Test |   |  |