

Course Description

Grade 3 Health

Philosophy Statement: God's Word states that our bodies are a temple in which His Spirit dwells. Health education consists of health knowledge, personal health awareness, and the skills to apply healthful living strategies. Students are taught to develop goals and plans which enables them to honor God by caring for His temple. Through the study of a Bible-based view of health, each student will develop a better appreciation of the body, mind, and spirit that God has given them.

Course Description: Health class helps students examine lifestyles, select goals, and make plans to achieve and maintain optimum health. Students will be encouraged to choose behaviors that promote health and prevent illness and accidents. Health provides current facts in the areas of physical health, mental and spiritual health, family and social health, growth and development, personal health, nutrition and fitness.

Textbooks: Science
Christian Schools International
Copyright 1994

Harcourt Science
Harcourt School Publishers
Copyright 2005

Materials:

- Textbook
- Teacher made activities
- Various Library resources

Time Allotment: 30 minutes per day, 4 days per week, interspersed with Science

Course Content:

- How resources are used in the environment
- Environmental and external factors that affect individual and community health
- How people alter environment in negative and positive ways
- Behaviors necessary for a healthy family life and interpersonal relationships
- Self-esteem can be impacted by thinking and behavior
- How to manage stress in life

Areas to be evaluated:

- Class projects
- Student discussion

Additional activities:

- posters