

## SENECA VALLEY SCHOOL DISTRICT

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### CURRICULUM

**Course Title:** Health  
**Course Number:**  
**Grade Level(s):** Three  
**Periods Per Week:**  
**Length of Period:**  
**Length of Course:**  
**Credits:**  
**Faculty Author(s):** Joni Hortert & Rebecca Hester  
**Date:** September 26, 2012

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### COURSE DESCRIPTION:

Health at the third grade level will include: the study of the circulatory, respiratory, skeletal and including identifying and describing the location and function of these systems. All other health objectives will be addressed in other curricular areas such as physical education, social studies, and math and guidance lessons. Daily living objective will be addressed on a daily basis and will be reinforced throughout entire school year.

**The state has developed anchors (points of focus) in Health. The anchors specify eligible content for the content areas. The anchors include standards 1.1, 1.2, and 1.3**

**The Objectives that address anchors have been bolded.**

*The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.*

COURSE OUTLINE	OBJECTIVES (PA standard)			
<b>I. Concepts of Health</b>  A. Growth and Development  B. Drug Awareness 1. Making good Choices	Identify and describe the stages of growth and development. 10.1.3A  Encourage good character and a drug free lifestyle  Know age appropriate drug information (skills to avoid drugs). 10.136D			

COURSE OUTLINE	OBJECTIVES (PA standard)			
<b>II. Body Systems</b> A. Circulatory 1. Structure 2. Function  B. Respiratory 1. Structure 2. Function  C. Skeletal 1. Structure 2. Function	Identify and know the location and function of the major body organs and systems (circulatory, respiratory, and skeletal). 10.1.3B			

COURSE OUTLINE	OBJECTIVES (PA standard)			
<p><b>III. Conflict Resolution</b></p> <p>A. Bullying/Teasing</p>	<p>Identify and apply the conflict mediation using the steps of the “Talk It Out” and “PEACE” processes</p> <p>Identify the steps in a decision-making process. 10.2.3D</p> <p>Recognize conflict situations and identify strategies to avoid or resolve (walk away, I-Statements, refusal skills, adult intervention). 10.3.3C</p>			
<p><b>IV. Caring For Yourself and Others</b></p>	<p>Establish healthy routines. (e.g., hand-washing, tissue use, etc.)</p> <p>Initiates effective precaution against diseases transmitted through blood and body fluid</p> <p>Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease. 10.2.3A</p> <p>Identify and describe the meaning of public-safety signs and symbols. (e.g., crosswalks, hospitals, railroad crossings, etc.)</p> <p>Identify health related information. 10.2.3B</p>			

# CARING FOR YOURSELF AND OTHERS

(Second and Third Grade)

## Blood and Body Fluids Lesson

**Objective:** The second and third grade student will initiate effective precautions against diseases transmitted through blood and body fluids.

**Life skill:** I will follow the correct steps to protect myself and others from diseases spread through blood and body fluids.

### **Motivational Steps:**

1. Explain to the students that there are times when accidents or illness require them to take special care of their bodies.
2. Explain that exposure to blood and body fluids require special attention.
  - The term ‘body fluids’ includes blood, drainage from cuts and scrapes, vomit and respiratory secretions (e.g., nasal drainage).
  - Organisms (germs) may be carried by individuals that look healthy.
3. Demonstrate the safe and effective immediate action a child should take to contain blood and body fluids:
  - **Break in the skin:** Apply direct pressure with a paper towel or tissue.
  - **Nosebleed:** Apply pressure to the nose with a paper towel or tissue
  - **Upper respiratory infection with bloody nasal drainage:** Utilize proper tissue technique then immediately dispose of the tissue in an appropriate receptacle.
  - **Vomiting:** Quickly obtain a receptacle and go to the restroom.
4. Discuss the proper methods of handling accidental skin contact with body fluids.
  - Wash the area immediately with soap and water for at least ten seconds.
  - Notify an adult so that necessary precautions can be taken.

**Evaluation:** Summarize lesson content. Encourage the students to discuss personal experiences when these precautions were indicated.