
Coal City Unit District #1
Third Grade
Health Curriculum

HE.3:1 Student will use effective communication skills and decision-making skills in order to resolve conflicts during the physical education environment. (IL 24A, 24B, 24C)

- HE.3:1-1 Identify some causes of conflict.
- HE.3:1-2 Predict consequences of behavior choices.
- HE.3:1-3 Compare and contrast healthy and unhealthy relationships.
- HE.3:1-4 Demonstrate or identify ways to resolve a conflict.

HE.3:2 Student will differentiate between types of exercise and the effect of exercise on the human body. (IL 20A, 20B, 23D)

- HE.3:2-1 Identify the word “cardio” to mean “heart”.
- HE.3:2-2 Identify two or more cardio exercises.
- HE.3:2-3 Differentiate between cardio and strength exercise.
- HE.3:2-4 Differentiate between muscle strength and muscle endurance.
- HE.3:2-5 List some ways the brain benefits from exercise.
- HE.3:2-6 Identify 3 changes that occur in the body when it is exercised.
- HE.3:2-7 Explain the effects of physical activity on the body when the level of intensity is changed.

HE.3:3 Student will articulate and examine some components of the human muscular system. (IL 23A, 23B, 23C)

- HE.3:3-1 Identify, locate or label different muscles on the human body or poster.
- HE.3:3-2 Identify 2 strength exercises.
- HE.3:3-3 Determine the muscles used when performing specific exercises.

HE.3:4 Student will understand the principles of health promotion and the prevention and treatment of illness and injury. (IL 22A, 22B, 22C, 22D)

- HE.3:4-1 Demonstrate proper procedures and techniques used during safety drills including fire, storm and lockdown.
- HE.3:4-2 Demonstrate skills and behaviors used to prevent the spread of infectious diseases.
- HE.3:4-3 Name items that are seen or used daily that pollute the environment.
- HE.3:4-4 Support peers to make positive health choices.

HE.3:5 Student will gain knowledge about risk factors for heart disease and differentiate between oxygen rich and oxygen poor blood. (IL 23A, 23B, 23C)

- HE.3:5-1 Identify the color of oxygen rich blood.
- HE.3:5-2 Identify the color of oxygen poor blood.
- HE.3:5-3 Differentiate between the colors of oxygen rich and oxygen poor blood.
- HE.3:5-4 Identify four of the six risk factors that may lead to heart disease.
- HE.3:5-5 Identify smoking and not doing cardio exercises as the two most dangerous risk factors for heart disease.

HE.3:6 Student will determine, identify or explain some components of nutrition. (IL 23B, 23C, 24B)

- HE.3:6-1 Determine from a list of food, which items are considered healthy and which items are considered not healthy.
- HE.3:6-2 Identify that candy and gum and butter, margarine and oils do not belong in the MyPlate icon.
- HE.3:6-3 Explain the long-term effects of poor nutrition on the human body.