

Health Scope and Sequence
3rd Grade

Lesson	Quaver Activities	TEKS
1st 9 Weeks		
August 14 - October 13		
UNIT 1: General Health		
1. My Health at School	<ul style="list-style-type: none"> • My Health at School 6-9 min • Health at School 7-10 min • My Health is Up to Me (Music Video) 6-9 min • Stick It! (My Health at School) 5-8 min • QLibs (My Health at School) 6-9 min 	4.B, 5.C
2. Cultural Influences on Health	<ul style="list-style-type: none"> • Cultural Influences on Health 6-9 min • Family and Cultural Traditions (Health-O-Meter) 7-10 min • Get Together and Move (Gym Game) 6-9 min • Family Traditions - Upgrade 5-8 min • This or That (Cultural Influences on Health) 6-9 min 	2.B, 3.D, 6.B
3. When Should I Ask for Help?	<ul style="list-style-type: none"> • When Should I Ask for Help? 6-9 min • When I Asked for Help 7-10 min • Healthy Helper (Music Video) 6-9 min • Healthy Helper Contact Sheet 5-8 min • When Should I Ask for Help? (Reflections and Other Thoughts) 6-9 min 	2.A, 3.A, 13.A
4. Fire Safety	<ul style="list-style-type: none"> • Fire Safety 3-5 min • Fire and Burn Safety 3-5 min • Emergency (Lyrics) 3-5 min • My Fire Safety Plan 3-5 min • Quiz Challenge - 3 - General Health 6-9 min 	9.A, 11.B
UNIT 2: Social Behavior		
1. Resolving Conflicts	<ul style="list-style-type: none"> • Resolving Conflicts 6-9 min • Working Through Conflict 7-10 min • Even If We Disagree (Lyrics) 6-9 min • Lesson Mindset (Resolving Conflicts) 5-8 min • Resolving Conflicts (Reflections and Other Thoughts) 6-9 min 	3.A, 3.G, 3.H
2. Healthy and Unhealthy Friendships	<ul style="list-style-type: none"> • Healthy and Unhealthy Friendships 6-9 min • Healthy Friendships 7-10 min • I Can Be Your Friend (Lyrics) 6-9 min • What Would a Friend Do? 5-8 min • Healthy and Unhealthy Friendships (Reflections and other thoughts) 6-9 min 	3.D, 3.E, 3.F, 5.E
3. Healthy and Unhealthy Influences	<ul style="list-style-type: none"> • Healthy and Unhealthy Influences 6-9 min • Battle of the Influences 7-10 min • Move and Discuss (Gym Game) 6-9 min 	3.D, 3.E, 12.D, 13.A

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	<ul style="list-style-type: none"> Journal Time 5-8 min QLibs (Healthy and Unhealthy Influences) 6-9 min 	
4. Assertiveness and Bullying	<ul style="list-style-type: none"> Assertiveness and Bullying 6-9 min Three Voices 7-10 min Stand Up for Yourself (Lyrics) 6-9 min Speaking Assertively 5-8 min Quiz Challenge - 3 - Social Behavior 6-9 min 	12.D, 13.A
2nd 9 Weeks October 16 - December 20		
UNIT 3: Responsible Decision Making		
1. Evaluating Solutions and Consequences	<ul style="list-style-type: none"> Evaluating Solutions and Consequences 6-9 min The Situations Report 7-10 min Break Down (Lyrics) 6-9 min Breaking News: Situations 5-8 min Breaking Down Situations (Reflections and Other Thoughts) 6-9 min 	3.B, 3.E
2. Setting My Intention	<ul style="list-style-type: none"> Setting My Intentions 6-9 min Intentions for My Day 7-10 min Set My Course (Lyrics) 6-9 min Set My Course (Analyze the Lyrics) 5-8 min Setting My Intentions (Reflections and Other Thoughts) 6-9 min 	4.A
3. Time Management and Goal Setting	<ul style="list-style-type: none"> Time Management and Goal Setting 6-9 min Setting and Achieving My Goal 7-10 min Organize, Prioritize (Lyrics) 6-9 min Lesson Mindset (Time Management and Goal Setting) 5-8 min Journal Time 6-9 min 	3.A, 4.B
4. Communicating Online	<ul style="list-style-type: none"> Communicating Online 6-9 min Tech Talk (Communicating Online) 7-10 min Be Careful How You Use the Internet (Lyrics) 6-9 min Wise Words 5-8 min Quiz Challenge - 3 - Responsible Decision Making 6-9 min 	12.A, 12.B, 12.C, 12.D
UNIT 4: Healthy Practices and Hygiene		
1. Skeletal, Muscular, Circulatory, and Respiratory Systems	<ul style="list-style-type: none"> Skeletal, Muscular, Circulatory, and Respiratory Systems 6-9 min My Amazing Body (Skeletal, Muscular, Circulatory, and Respiratory Systems) 7-10 min Lungs, Muscles, Heart, and Bones (Lyrics) 6-9 min Body Part Pathways (Skeletal, Muscular, Circulatory, and Respiratory Systems) 5-8 min 	1.A

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	<ul style="list-style-type: none"> Skeletal, Muscular, Circulatory, and Respiratory Systems (Reflections and Other Thoughts) 6-9 min 	
<p>2. Brushing and Flossing - Going Deeper</p>	<ul style="list-style-type: none"> Brushing and Flossing - Going Deeper 6-9 min Finish with Floss 7-10 min Brush Your Teeth (Music Video) 6-9 min Lesson Mindset (Problems with My Teeth) 5-8 min Brushing and Flossing (Futurizations) 6-9 min 	2.D
<p>3. What Exercise is Right for Me?</p>	<ul style="list-style-type: none"> What Exercise is Right for Me? 6-9 min What Do I Like? 7-10 min Don't Quit (Music Video) 6-9 min Journal Time 5-8 min QLibs (What Exercise is Right for Me?) 6-9 min 	
<p>4. What Does Sleep Do for Me? - Going Deeper</p>	<ul style="list-style-type: none"> What Does Sleep Do for Me? - Going Deeper 6-9 min Benefits of Sleep 7-10 min The Sleep Game 6-9 min Lesson Mindset (What Does Sleep Do for Me?) 5-8 min Quiz Challenge - 3 - Healthy Practices and Hygiene 6-9 min 	2.D
<p>3rd 9 Weeks January 9 - March 8</p>		
<p>UNIT 5: Mental Health and Wellness</p>		
<p>1. Healthy Coping Strategies</p>	<ul style="list-style-type: none"> Healthy Coping Strategies 6-9 min Coping Statements 7-10 min Relax Your Mind (Lyrics) 6-9 min Human Opinion Meter (Healthy Coping Strategies) 5-8 min Healthy Coping Strategies (Reflections and Other Thoughts) 6-9 min 	3.A, 3.B, 5.A, 5.B, 5.D
<p>2. Managing My Stress</p>	<ul style="list-style-type: none"> Managing My Stress 6-9 min Controlling Stress (Managing My Stress) 7-10 min Balloon Bonanza Game 6-9 min Stress Deflators (Managing My Stress) 5-8 min Reflections (Managing My Stress) 6-9 min 	3.A, 3.B, 5.A, 5.B
<p>3. Overcoming My Weaknesses</p>	<ul style="list-style-type: none"> Overcoming My Weaknesses 6-9 min Accept, Ask, Share 7-10 min I'll Get Through It (Lyrics) 6-9 min The Road to Strength 5-8 min Overcoming My Weaknesses (Reflections and Other Thoughts) 6-9 min 	4.A
<p>4. When I Feel Angry</p>	<ul style="list-style-type: none"> When I Feel Angry 6-9 min Anger Pump 7-10 min Anger's Not the Boss of Me (Lyrics) 6-9 min 	3.A, 3.B, 3.F, 3.G, 3.H

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> • Stop, Don't Pop! 5-8 min • Quiz Challenge - 3- Mental Health and Wellness 6-9 min 	
UNIT 6: Healthy Eating and Nutrition		
1. Where Do Nutrients Come From?	<ul style="list-style-type: none"> • Where Do Nutrients Come From? 3-5 min • Nutrients In Your Food 3-5 min • Nutrients (Music Video) 3-5 min • Making a Healthy Plate 3-5 min • Dietitian, Dietitian (Where Do Nutrients Come From?) 3-5 min 	6.A, 6.B, 6.C, 6.D
2. Making Nutritional Choices	<ul style="list-style-type: none"> • Making Nutritional Choices 6-9 min • Finding Valid Nutrition Information 7-10 min • Healthy Choices (Gym Game) 6-9 min • My Nutrition Promise 5-8 min • This or That (Making Nutritional Choices) 6-9 min 	6.A, 6.B, 6.C, 6.D, 7.A, 8.A
3. Menu Choices	<ul style="list-style-type: none"> • Menu Choices 6-9 min • What's on the Menu? 7-10 min • Balance and Nutrition (Music Video) 6-9 min • Practice Reading a Menu 5-8 min • Ordering a Meal 6-9 min 	8.B
4. Peer Influence - Substances	<ul style="list-style-type: none"> • Peer Influence 6-9 min • Recognizing Peer Influence 7-10 min • Do What's Right for Me (Music Video) 6-9 min • Tattling vs. Reporting 5-8 min • Quiz Challenge - 3 - Healthy Eating and Nutrition 6-9 min 	3.D, 11.A, 14.B, 15.A, 17.A, 17.B, 18.A
4th 9 Weeks March 18 - May 23		
UNIT 7: Disease and Illness Prevention		
1. Ear and Eye Checks	<ul style="list-style-type: none"> • Ear and Eye Checks 6-9 min • What Happens At the Ear and Eye Doctors (Video Tours) 7-10 min • Checkup Circuit (Gym Game) 6-9 min • Vision and Hearing 5-8 min • Protecting My Vision and Hearing 6-9 min 	2.A
2. Disease Awareness	<ul style="list-style-type: none"> • Disease Awareness 6-9 min • Ask a Doctor 7-10 min • Healthy America (Music Video) 6-9 min • Personal Prevention Practices 5-8 min • Symptom Sorting 6-9 min 	2.E, 2.F, 8.B
3. Avoiding Misuse of Medications	<ul style="list-style-type: none"> • Avoiding Misuse of Medications 6-9 min • Avoiding Misuse of Medications - All About Medicine 7-10 min 	2.C, 14.A, 16A

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	<ul style="list-style-type: none"> ● Medicine (Music Video) 6-9 min ● Say No to the Misuse Monster 5-8 min ● Do What's Right (Avoiding the Misuse of Medications) 6-9 min 	
4. Healthy Balance	<ul style="list-style-type: none"> ● Healthy Balance 6-9 min ● My Health, My Habits 7-10 min ● Four Dimensions of Health (Music Video) 6-9 min ● Journal Time 5-8 min ● Quiz Challenge - 3 - Disease and Illness Prevention 6-9 min 	4.B, 5.C
UNIT 8: Safety and Accident Prevention		
1. Water Safety	<ul style="list-style-type: none"> ● Water Safety 6-9 min ● Problem-Solving Super-Gogs (Water Safety) 7-10 min ● Be Safe, Be Smart, Be Aware (Music Video) 6-9 min ● Act It Out (Water Safety) 5-8 min ● Safe and Unsafe Water Play 6-9 min 	11.B
2. Safe Spaces in the Community	<ul style="list-style-type: none"> ● Safe Spaces in the Community 6-9 min ● Community Map 7-10 min ● Our Community (Lyrics) 6-9 min ● Rules, Respect, and Community Helpers (Community Map) 5-8 min ● Safe Spaces in the Community (Reflections) 6-9 min 	11.B
3. What Is a Poison?	<ul style="list-style-type: none"> ● What Is a Poison? 6-9 min ● All About Poisons 7-10 min ● I Spy (Music Video) 6-9 min ● Poison Control 5-8 min ● Quiz Challenge - 3 - Safety and Accident Prevention 6-9 min 	16