



## Third Grade Health Resources

# MUSCLES, BONES, JOINTS & FITNESS

This health kit is designed to provide the background information to support the district Physical Education program's focus on the components of fitness.

There is background information in the teacher's guide about the fitness standards so that classroom and P.E. teachers will be using the same vocabulary with students.

The kit has a set of 32 FOSS Science Stories, *The Human Body*, and lessons in the teacher's notebook. There are 4-6 lessons depending on how you choose to allocate time.

Section 1: Students read articles about bones with a focus on their function and the importance of exercise for strong bones; they label a diagram of the human skeleton.

Section 2: Introduces the three types of joints and their location in the body.

Section 3: Students learn the names, location, and functions of the major muscle groups and label them on a diagram. They also learn how muscles move the body and the relationship between exercise and muscle strength and endurance.

Section 4: The concept of fitness and its relation to the cardio-respiratory system is introduced.

Web resource:

<http://www.fossweb.com/modules3-6/HumanBody/index.html>

## MUSCLES, BONES, JOINTS, AND FITNESS (SPANISH)

Exactly the same as the above kit in English. The student reading books, *La Cuerpa Humana*, are in Spanish.

# FIRE SAFETY

*What Can You Do?* is a program developed by the Oregon Office of State Fire Marshal. This health kit has selected lessons from that curriculum (extra lessons are filed in the back of the notebook).

The CIMC has eight copies so that each school can have a kit to share in the fall to complement required classroom fire and earthquake drill practice.

The FIVE lessons are designed to review personal fire safety measures and then move on to fire safety in homes. Homework assignments involve the family. The kit has two DVD's and blacklines needed for the handouts.

- Lessons 1 & 2: Review fire and earthquake safety; students demonstrate personal fire safety skills in partners and the whole class acts out earthquake safety while listening to a simulation story.
- Lesson 3: Students are deputized as fire marshals and explore information about the cause of home fires.
- Lesson 4: Provides a follow-up at home with a smoke alarm survey and designing a home fire escape plan.
- Lesson 5: Is about decision-making in regards to campfires, fireworks, and kitchen and electrical fires.

Web resource:

[http://www.oregon.gov/OSP/SFM/ESC\\_Curriculum.shtml](http://www.oregon.gov/OSP/SFM/ESC_Curriculum.shtml)

# SUMMER SAFETY

The lessons in this kit are from two sources: the *Safe Passages* water safety curriculum is from the U.S. Corps of Engineers and the *Sunwise* sun safety curriculum was developed by the U.S. Environmental Protection Agency.

The idea for this kit is to send students off on summer vacation with some important safety skills for fun around water and in the sun.

- Three water safety lessons cover safe swimming rules, boating safety (especially the proper use of lifejackets), and water rescue techniques.
- Three sun safety lessons discuss the positive and negative effects of sun, introduce the concept of ultraviolet radiation, and teach students safe-sun behaviors.

For the water safety lessons, the kit has a video, blacklines, and brochures in English and Spanish to send home to families. For the sun safety lessons, the kit has a PowerPoint Presentation (available on the web and on a CD in the kit), a read-aloud story (English and Spanish), blacklines, and brochures in English and Spanish to send home to families.

Web resource:

<http://watersafety.usace.army.mil/SafePassage/Default.htm>

[http://www.epa.gov/sunwise/educator\\_resources.html](http://www.epa.gov/sunwise/educator_resources.html)