

Grade 3 Wellness		
Standard:1	Wellness Promotion and Disease Prevention Objectives (WE.S.01)	
(WE.S.01)	Students will comprehend and demonstrate concepts related to wellness promotion and disease prevention that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.1.01	describe the major organs and functions of the body systems.	#63 Tree Factory p.273
WE.3.1.02	summarize ways to prevent the spread of germs.	
WE.3.1.03	select and log physical activity in addition to physical education class that brings personal enjoyment.	#54 I'd Like to Visit a Place Where... p.236
WE.3.1.04	explain the benefits of different kinds of fitness (e.g., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and demonstrate exercises/activities for each.	
Standard:2	Wellness Information and Services (WE.S.2)	
(WE.S.2)	Students will demonstrate the ability to access valid wellness information, products and services that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.2.01	construct and display (at home) information needed to place an accurate and efficient call to 9-1-1.	
WE.3.2.02	demonstrate basic first aid procedures.	
WE.3.2.03	discuss OTC and prescription medication with their appropriate and inappropriate uses.	
Standard: 3	Wellness Behaviors (W.S.3)	
(W.S.3)	Students will demonstrate the ability to practice wellness behaviors and reduce health risks that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.3.01	select and explain the need of appropriate protective gear for self and others (e.g., seat belts, helmets, goggles, gloves, sunscreen).	
WE.3.3.02	discuss and practice personal responsibility for one's own hygiene (deodorant, bathing, change of clothes).	
WE.3.3.03	discuss possible risky health situations at home, in school, and in the community.	#54 I'd Like to Visit a Place Where... p.236

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WE.3.3.04	model ways to reduce stress.	
WE.3.3.05	explore the areas of the FITNESSGRAM, excluding Body Mass Compositon.	
WE.3.3.06	distinguish between physical activities that are moderate-to-vigorous in intensity.	
WE.3.3.07	demonstrate a procedure for monitoring heart rate.	
WE.3.3.08	recognize categories of the Physical Activity Pyramid.	
WE.3.3.09	respond appropriately in physical activity settings (e.g., follow rules and procedures, display good sportsmanship).	
Standard:4	Responsible Personal and Social Behaviors (WE.S.4)	
(WE.S.4)	Students will name ways that cultural, media and other factors influence decisions in daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.4.01	describe the food guide pyramid and its value to personal health, recognizing that food provides energy and nutrients for growth and development.	
WE.3.4.02	record and compare food choices based on recommended serving sizes.	
WE.3.4.03	explore menus from fast food restaurants for nutritional value.	
WE.3.4.04	identify changes to school and other public facilities that accommodate people with various kinds of challenges and/or cultural differences.	
WE.3.4.05	compare and contrast what advertisements infer about smoking to what students have learned in school.	
WE.3.4.06	discuss and describe the steps involved in conflict resolution (e.g. aggressive, passive and assertive).	
WE.3.4.07	select effective ways to say no and communicate wants and needs.	
WE.3.4.08	set a goal to become involved in keeping the community clean.	
WE.3.4.09	assess factors (e.g. food choices, physical activity, genetic) that contribute to achieving and maintaining a healthy body.	
Standard:5	Movement Forms (WE.S.5)	
(WE.S.5)	Students will: demonstrate motor skills and movement forms that enhance physical development that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.5.01	throw an object in an underhand and overhand method.	
WE.3.5.02	catch a moving object.	
WE.3.5.03	dribble a ball with hands from a stationary and a moving position.	
WE.3.5.04	direct an object to a target (e.g. kick, roll, throw, and strike).	

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WE.3.5.05	demonstrate directional movements of clockwise and counterclockwise.	#25 Birds and Worms p.111 #63 Tree Factory p.273 #68 Name That Tree p.288
WE.3.5.06	jump to an established rhythm.	#63 Tree Factory p.273
WE.3.5.07	perform rhythmic sequences using equipment.	
WE.3.5.08	continuously strike an object (e.g., balloon with hand, ball with foot).	
WE.3.5.09	demonstrate strategies for chasing, fleeing, and evading.	#68 Name That Tree p.288
Standard:6	Development of Motor Skills	
(WE.S.6)	Students will: apply concepts and principles of human movement to the development of motor skills and learning of new skills that apply to daily living experiences.	
Objectives	Students will	PLT Activity and Page
WE.3.6.01	identify one critical element or component of the roll, kick, catch, throw, dribble with hands, jumping/landing and striking an object (e.g., use finger tips to dribble, use both hands when catching).	
WE.3.6.02	use specific feedback to improve performance.	#63 Tree Factory p.273