

Queen of Angels Catholic School  
Wellness Grade 3 and 4 Curriculum – Cycle B

Student Name \_\_\_\_\_

*Big Ideas* are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.  
- A “D” indicates a skill is Developing

10.2.3B-Identify health-related information	
<ul style="list-style-type: none"> <li>• signs and symbols, terminology, products and services</li> </ul>	
10.2.3C-Identify media sources that influence health and safety both positive and negative influences	
10.2.3D-Identify the steps in a decision-making process.	
<ul style="list-style-type: none"> <li>• Goal setting</li> </ul>	
10.2.3E-Identify environmental factors that affect health	
<ul style="list-style-type: none"> <li>• pollution ( air, water, noise, soil)</li> <li>• Waste disposal. Temperature extremes, inserts/animals.</li> </ul>	
10.3.3C- Recognize conflicts situations and identify strategies to avoid or resolve...	
<ul style="list-style-type: none"> <li>• Walk away, I- statements, refusal skills, adult intervention.</li> </ul>	
<ul style="list-style-type: none"> <li>• Communication skills:</li> </ul>	
<ul style="list-style-type: none"> <li>• verbal and nonverbal</li> </ul>	
<ul style="list-style-type: none"> <li>• body language</li> </ul>	
<ul style="list-style-type: none"> <li>• listening skills.</li> </ul>	