

Grade 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Promotion

Health Behaviors

- 1 Explain how healthy behaviors impact personal health. 1.1.1

Nutrition &

- 2 List food safety precautions. 1.1.2

Drug Awareness

- 3 Explain how over-the-counter and prescription medicines can be misused. 1.1.3

Hygiene

- 4 Explain rationale for not sharing hygiene products. Examples: combs, brushes, toothbrushes 1.1.4

Disease Prevention & Health Care

- 5 Apply measures for cleanliness and disease prevention. 1.1.5

Safety

- 6 Demonstrate asking for assistance to enhance safety for self and others. Example: practice what to say when calling 911 or other emergency numbers. 1.1.6

Dimensions of Health

- 7 Identify positive examples of social and emotional health. 1.1.7

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Analyzing Influences

Family, Peer, & Culture

- 1 Contrast tattling with reporting aggression, bullying, and violent behavior. 1.2.1
 - a List healthy foods served by the school cafeteria. 1.2.1A

Media & Technology

- 2 Describe how advertisements can influence food choices. Example: show healthy vs. unhealthy options 1.2.2

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Access to Information

Information, Products, & Services

- 1 Describe the roles of various health care professionals. 1.3.1
- 2 Identify school and community health helpers who can be contacted in emergencies. Examples: nurse, counselor, EMT 1.3.2

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Interpersonal Communication

Social

- 1 Identify ways listening skills can be used to build and maintain healthy relationships. Example: taking turns talking and listening 1.4.1

Emotions & Feelings

- 2 Discuss ways to express feelings to peers in a healthy way. Example: speaking calmly 1.4.2

Conflict Resolution

- 3 Interpret the feelings of and describe ways to show empathy for others. 1.4.3

Refusal Skills

- 4 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation. Example: runhide-fight 1.4.4
- 5 Identify appropriate and inappropriate touches. Example: recognizing touching in the bathing suit zone as inappropriate 1.4.5

Students will demonstrate the ability to use decision-making skills to enhance health.

Decision -Making

Problem Solving

- 1 Describe situations in which students must choose between healthy and risky behaviors. 1.5.1

Students will demonstrate the ability to use goal-setting skills to enhance health.

Goal -Setting

Self-Awareness

- 1 Create an ageappropriate personal health goal. 1.6.1

Problem-Solving

- 2 Describe ways that parents and other trusted adults can help a student achieve a health goal. 1.6.2

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Self-Management

Monitor Progress

- 1 Identify healthy practices and behaviors to maintain and improve personal health. 1.7.1

Injury Prevention

- 2 Determine behaviors that avoid or reduce injury. Examples: importance of riding in the back seat, meaning of traffic signs, safe pedestrian behaviors 1.7.2

Students will demonstrate the ability to advocate for personal, family, and community health.

Advocacy

Promote Healthy Habits

- 1 Encourage peers to make positive health choices. Examples: reminding peers to cover their nose and mouth when sneezing, offering helpful suggestions when peers are trying to resolve a conflict 1.8.1