California Health

Grade 1

Adopted 2008

Growth and Development

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

- G. Describe how living things grow and mature. 1.1.G
- G. Identify anatomical names of major internal and external body parts. 1.2.G
- G. Identify a variety of behaviors that promote healthy growth and development. 1.3.G
- G. Describe how members of a family have various roles, responsibilities, and individual needs. 1.4.G

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

- G. Explain why sleep and rest are important for proper growth and good health. 2.1.G

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

- G. Recognize parents, guardians, and other trusted adults as resources for information about growth and development. 3.1.G

Injury Prevention and Safety

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

- S. Describe characteristics of safe and unsafe places. 1.1.S
- S. Identify labels of products that give information about cautions and dangers. 1.2.S
- S. Discuss the meaning of basic safety-related signs, symbols, and warning labels. 1.3.S
- S. Identify safety hazards in the home, at school, and in the community. 1.4.S
- S. Identify ways to reduce risk of injuries at home, at school, and in the community. 1.5.S
- S. Explain the importance of telling an adult if someone is in danger or being bullied. 1.6.S
- S. Distinguish between appropriate and inappropriate touching. 1.7.S

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S. Explain why the back seat is the safest place for young people to be when riding in a vehicle equipped with air bags. 1.8.S

S. Define and explain the dangers of weapons and the importance of telling a trusted adult if you see or hear about someone having a weapon. 1.9.S

S. Identify ways to reduce risk of injuries while traveling in an automobile or bus (e.g., wearing a safety belt). 1.10.S

S. Demonstrate proper lifting and carrying techniques for handling heavy backpacks and book bags. 1.11.S

S. Define simple conflict resolution techniques. 1.12.S

S. Identify refusal skills when in personal-safety situations (e.g., use a clear "no" statement, walk or run away, change subject, delay). 1.13.S

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

S. Describe internal and external influences that could lead to or prevent injury or violence. 2.1.S

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

S. List people to go to for help if feeling unsafe or threatened. 3.1.S

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

S. Describe how to report dangerous situations. 4.1.S

S. Identify ways to report inappropriate touching. 4.2.S

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

S. Analyze steps to take in emergency or potentially dangerous situations. 5.1.S

S. Identify the benefits of using nonviolent means to resolve conflicts. 5.2.S

S. Assess reasons for reporting weapons possession. 5.3.S

S. Analyze why wearing a helmet when biking, skateboarding, or in-line skating increases safety. 5.4.S

7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

S. Practice ways to stay safe at home, at school, and in the community. 7.1.S

S. Practice emergency, fire, and safety plans at home and at school. 7.2.S

S. Explain appropriate protective gear and equipment. 7.3.S

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Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

S. Encourage others to practice safe behaviors in the classroom and on the playground. 8.1.S

Personal and Community Health

1: Essential Concepts - All students will comprehend essential concepts related to enhancing health.

P. Explain the importance of effective dental and personal hygiene practices. 1.1.P

P. Identify the importance of sun safety. 1.2.P

P. Discuss the importance of preventing the transmission of germs. 1.3.P

P. Identify ways to prevent the transmission of communicable diseases. 1.4.P

P. Describe symptoms of some common health problems and illnesses, including chronic diseases (e.g., asthma, allergies, diabetes, influenza). 1.5.P

P. Explain the difference between communicable diseases and noncommunicable diseases. 1.6.P

P. Discuss how individual behavior affects the environment and community. 1.7.P

P. Identify materials that can be reduced, reused, or recycled. 1.8.P

P. Identify emergency situations (e.g., injuries, abductions, fires, floods, earthquakes). 1.9.P

2: Analyzing Influences - All students will demonstrate the ability to analyze internal and external influences that affect health.

P. Explain how family and friends influence positive health practices. 2.1.P

3: Accessing Valid Information - All students will demonstrate the ability to access and analyze health information, products, and services.

P. Identify individuals in the school and in the community who promote health. 3.1.P

P. Explain why parents or guardians keep a health record for their child. 3.2.P

4: Interpersonal Communication - All students will demonstrate the ability to use interpersonal communication skills to enhance health.

P. Demonstrate effective communication skills when asking for assistance with health-related problems. 4.1.P

P. Demonstrate effective communication skills in an emergency situation. 4.2.P

5: Decision Making - All students will demonstrate the ability to use decision-making skills to enhance health.

P. Use a decision-making process to evaluate how personal hygiene behaviors promote one's health. 5.1.P

6: Goal Setting - All students will demonstrate the ability to use goal-setting skills to enhance health.

P. Make a plan to practice dental and personal hygiene. 6.1.P

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7: Practicing Health-Enhancing Behaviors - All students will demonstrate the ability to practice behaviors that reduce risk and promote health.

- P. Demonstrate proper toothbrushing and flossing techniques. 7.1.P
- P. Demonstrate techniques for preventing disease transmission (e.g., covering sneezes and coughs, frequent handwashing). 7.2.P
- P. Demonstrate proper ways of protecting oneself from the sun and ways to select and apply sunscreen. 7.3.P
- P. Demonstrate appropriate behaviors during fire drills, earthquake drills, and other disaster drills. 7.4.P

8: Health Promotion - All students will demonstrate the ability to promote and support personal, family, and community health.

- P. Educate family and peers to protect against skin damage from the sun. 8.1.P
- P. Demonstrate the ability to support other students who have chronic diseases and conditions (e.g., asthma, allergies, diabetes, and epilepsy). 8.2.P