

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**

- 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
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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
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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
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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
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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
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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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8: 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
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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
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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
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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
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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
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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
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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

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