Maine Health and Physical Education

Health Education: Grade 1

Health Concepts: Health literate students comprehend concepts related to health promotion and disease prevention to enhance health. HE.1

Health Concepts, Behaviors and Personal Health

1 Students name basic health terms and behaviors, including healthy relationships; nutrition; personal health; and safety and injury prevention. 1.1

Dimensions of Health

1 Students identify dimensions of health including physical, mental, social, emotional and health. 1.2

Health Conditions

1 Students identify the transmission and prevention of common childhood communicable diseases. 1.3

Environment and Personal Health

1 Students identify ways a safe and healthy school environment can promote personal health. 1.4

Growth and Development

1 Students label personal and public body parts. 1.5

Health Information, Products, and Services: Health literate students can demonstrate the ability to access valid health information, services, and products to enhance health. HE.2

Reliability of Resources

1 Students identify trusted adults and professionals who can help promote health. 2.1

Locating Health Resources

1 Students identify the locations of school and community health helpers. 2.2

Health Promotion and Risk Reduction: Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and otl

Health-Enhancing Behaviors and Self-Management

1 Students describe health-enhancing behaviors to improve personal health including self-management skills. 3.1

Avoiding/Reducing Health Risks

1 Students recognize behaviors to help avoid or reduce personal health risks. 3.2

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Influences on Health: Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors. HE.4

Influences on Health Behaviors

1 Students name people who influence their health behaviors. 4.1

Effects of Health Behaviors

1 Students identify factors that influence health behaviors. 4.2

Communication and Advocacy Skills: Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health. HE.5

Interpersonal Communication Skills

1 Students demonstrate healthy ways to communicate. 5.1

Advocacy Skills

1 Students recognize ways to ask for help to promote health for self and others. 5.2

Decision-Making and Goal-Setting Skills: Health literate students demonstrate the ability to make decisions and set goals to enhance health. HE.6

Decision-Making Skills

1 Students identify health situations where a decision is needed. 6. 1

Goal-Setting Skills

1 Students explore when health goals are useful. 6.2