Nevada Health

Grade 1

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

Personal, Community, and Environmental Health Strand

1 Describe a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health. 1.PCE.1.1

2 Describe how pathogens can cause disease. 1.PCE.1.2

3 Describe the importance of accepting self and others. 1.PCE.1.3

4 List different kinds of family structures. 1.PCE.1.4

Mental and Emotional Health Strand

1 Recognize the relationship between emotions and actions. 1.ME.1.1

2 Demonstrate how to express emotions in healthy ways. 1.ME.1.2

Nutrition and Physical Activity Strand

1 Identify the food groups. 1.NP.1.1

2 Explain why the body needs daily physical activity. 1.NP.1.2

Substance Use and Abuse Strand

1 Identify different types of medications. 1.SUA.1.1

2 Identify the effects of alcohol, tobacco, marijuana, and other drugs have on the body. 1.SUA.1.2

Safety Practices, Injury Prevention, and CPR/AED Strand

1 Memorize emergency contacts and safety rules for preventing injury at home, school, and community. 1.SIC.1.1

Personal Safety Strand

1 Recognize safe personal space of self and others. 1.PS.1.1

2 List abusive behaviors and actions including various hazards and dangers particular to children and ways to get help. 1.PS.1.2

3 List examples of unsafe situations that impact children and ways to report to a safe/trusted adult. 1.PS.1.3

4 Recall steps to take if separated or lost from a parent, guardian, or caregiver. 1.PS.1.4

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Analyze Influences: Students will analyze the influences of family, peers, culture, media, technology, and other factors have on health behaviors.	**Strand** 1 Recognize various sources that influence health behaviors. 2.AF.1.1
Access Information: Students will demonstrate the ability to access reliable health information, products, and services to enhance health.	**Strand** 1 Identify ways to locate school and community health helpers. 3.AI.1.1
Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and to avoid or reduce health risks.	**Strand** 1 Discuss healthy ways to express needs, wants, and feelings to enhance health and to avoid or reduce health risks. 4.IC.1.1 2 Identify refusal skills. 4.IC.1.2
Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.	**Strand** 1 Recognize decisions regarding healthy and unhealthy situations. 5.DM.1.1 2 Identify situations when a health-related decision is needed. 5.DM.1.2
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.	**Strand** 1 Identify a shortterm health goal. 6.GS.1.1
Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.	**Strand** 1 Classify behaviors as healthy or unhealthy. 7.SM.1.1 2 Explain behaviors to avoid or reduce health risks. 7.SM.1.2
Ad de to support/promote	Skip to main content **:rand** Identify ways to encourage peers to make positive health choices. 8.AV.K.1

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