

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**
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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**
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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**
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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**
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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**
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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](#)

Advocacy: Students will demonstrate the ability to support/promote

Strand

- 1 Identify ways to encourage peers to make positive health choices. [8.AV.K.1](#)

**personal, family, and
community health.**