

Grade 1

Essential Health Concepts

- 1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health. 1.1**

Body Systems

- a** Identify major body organs (e.g., heart, brain, lungs, stomach) and location of the organs. 1.1.A

Nutrition

- b** Identify why it is important to consume a variety of foods and beverages from the five MyPlate food groups (i.e., fruits, vegetables, grains, protein, dairy). 1.1.B
- c** Explain what physical reactions may occur if someone is having an allergic reaction. 1.1.C

Physical Health

- d** Recognize that physical activity is a form of healthy entertainment. 1.1.D
- e** Identify behaviors that promote health and wellness, including personal hygiene, sleep, physical activity, and healthy food choices. 1.1.E

Disease Prevention/Health Promotion

- f** Identify adults who keep children healthy (e.g., parents/guardians, teachers, school counselors, nurses, dentists, doctors). 1.1.F

Substance Abuse Prevention

- g** Identify that medicines can be both helpful and harmful. 1.1.G

Safety/Injury Prevention

- h** Identify safety rules and guidelines for bus and automobile safety, pedestrian safety, playground safety, fire safety, water safety, Internet safety, and safety when biking and using other recreational equipment. 1.1.H
- i** Compare and contrast personal safety behaviors at home, at school, and in the community. 1.1.I
- j** Describe sun safety practices. 1.1.J

Mental Wellness/Social and Emotional Skills

- k** Identify comfortable and uncomfortable feelings and when one might experience these feelings. 1.1.K
- l** Describe positive characteristics that are unique to each individual. 1.1.L
- m** Identify effective listening skills. 1.1.M
- n** Identify cooperative and responsible behaviors, such as respect for others, adherence to school rules, acceptance of responsibility, and respect for the property of others. 1.1.N

Violence Prevention

- o** Describe feelings that may result from hearing kind and unkind words and when experiencing problems (e.g., someone not sharing). 1.1.O
- p** Describe personal space and boundaries for oneself and others. 1.1.P

Community/Environmental Health

- q** Identify items and materials that can be reduced, recycled, repurposed, or reused. 1.1.Q

Healthy Decisions

2 The student will explain that good health is related to healthy decisions. 1.2

Body Systems

- a** Describe the importance of having a healthy heart, brain, and lungs. 1.2.A

Nutrition

- b** Identify "sometimes foods" (e.g., candy, cookies, chips, ice cream, soda) and recognize that not all food products advertised or sold are healthy. 1.2.B
- c** Explain how allergens remain on surfaces and why it is important to clean surfaces and hands before and after eating. 1.2.C

Physical Health

- d** Identify ways to increase physical activity. 1.2.D

Disease Prevention/Health Promotion

- e** Determine how sleep habits affect mood and academic performance. 1.2.E
- f** Explain the need for regular health checkups and screenings (e.g., medical, dental). 1.2.F

Substance Abuse Prevention

- g** Explain the harmful effects of misusing medicines and drugs. 1.2.G

Safety/Injury Prevention

- h** Explain why it is important to follow safety rules and guidelines for personal safety. 1.2.H
- i** Describe how to report a dangerous situation. 1.2.I
- j** Identify the importance of sun safety. 1.2.J

Mental Wellness/Social and Emotional Skills

- k** Identify appropriate ways a person may express feelings (e.g., happy, unhappy, mad) and trusted adults to share feelings with at school and at home. **1.2.K**
- l** Explain the importance of showing kindness, consideration, and concern for others. **1.2.L**
- m** Explain how listening is important for effective communication. **1.2.M**
- n** Identify strategies for respecting others' personal space, boundaries, and belongings. **1.2.N**

Violence Prevention

- o** Explain the importance of responsible behaviors when interacting with others. **1.2.O**
- p** Explain how to listen and use words to respond to and solve problems. **1.2.P**

Community/Environmental Health

- q** Explain why it is important to dispose of trash properly, recycle materials, conserve water, and prevent water pollution. **1.2.Q**

Advocacy and Health Promotion

3 The student will identify specific rules and practices to promote personal safety and socially responsible behaviors. 1.3

Body Systems

- a** Share ways to maintain a healthy heart, brain, and lungs for lifelong health. **1.3.A**

Nutrition

- b** Explain that all foods can fit into a healthful diet through balance, variety, and moderation. **1.3.B**
- c** Describe how one can get help from an adult if a classmate is having an allergic reaction. **1.3.C**

Physical Health

- d** Encourage classmates to be physically active inside and outside of school. **1.3.D**

Disease Prevention/Health Promotion

- e** Promote behaviors that impact health and wellness. **1.3.E**
- f** Describe how one selected health professional/adult helps keep children healthy. **1.3.F**

Substance Abuse Prevention

- g** Create safety rules for medications in the home. **1.3.G**

Safety/Injury Prevention

- h** Promote positive behaviors for personal safety, including bus and automobile safety, pedestrian safety, playground safety, fire safety, water safety, Internet safety, and safety when biking and using other recreational equipment. **1.3.H**
- i** Practice fire safety and emergency/disaster procedures. **1.3.I**
- j** Describe the proper way to apply sunscreen. **1.3.J**

Mental Wellness/Social and Emotional Skills

- k** Demonstrate ways to express feelings appropriately. **1.3.K**
- l** Demonstrate cooperation with friends and classmates. **1.3.L**
- m** Demonstrate effective listening skills. **1.3.M**
- n** Apply strategies for establishing and respecting others' personal space, boundaries, and belongings. **1.3.N**

Violence Prevention

- o** Demonstrate responsible behaviors when interacting with others. **1.3.O**
- p** Demonstrate best ways to solve social problems. **1.3.P**

Community/Environmental Health

- q** Create strategies to keep the environment healthy, including proper disposal of trash, recycling or reusing, and water conservation. **1.3.Q**
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