Washington Health and Physical Education

Health: Grade 1

Adopted 2016

Wellness

1. **Dimensions of Health**
    1. Understand what it means to be healthy. H1.W1.1
2. **Hygiene**
    1. Describe basic hygiene practices. H1.W2.1
3. **Disease Prevention**
    a. Describe ways to prevent the spread of germs. H1.W3.1.A
    b. Understand differences between communicable and noncommunicable diseases. H1.W3.1.B
4. **Analyzing Influences**
    1. Describe how family and friends influence health practices and behaviors. H2.W4.1
5. **Access Valid Information**
    1. Identify where to locate trusted adults who can help promote health. H3.W5.1
6. **Communication**
    1. Identify verbal and nonverbal communication. H1.W6.1
    1. Demonstrate ways to respond to an unwanted, threatening, or dangerous situation. H4.W6.1
7. **Decision-Making**
    1. Differentiate between situations when a health-related decision can be made individually and when assistance is needed. H5.W7.1
8. **Goal-Setting**
    1. Identify people who can support achievement of a personal health goal. H6.W8.1

Safety

1. **Injury Prevention**
    a. Identify safety hazards in the school. H1.SA1.1.A
    b. Understand bicycle, pedestrian, and transportation safety rules. H1.SA1.1.B
    c. Understand fire, water, and sun safety rules. H1.SA1.1.C

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d. Explain importance of reporting to an adult when seeing or hearing about someone having a weapon. H1.SA1.1.D

2. First Aid

a. Identify people to ask for help in emergency situations. H1.SA2.1.A

b. Explain and demonstrate how to call 911. H1.SA2.1.B

3. Violence Prevention

1. Recognize different types of violence and abuse. H1.SA3.1

Nutrition

1. Food Groups and Nutrients

a. Match foods to food groups. H1.N1.1.A

b. Distinguish between healthy and unhealthy foods. H1.N1.1.B

c. Understand importance of eating breakfast and lunch. H1.N1.1.C

2. Beverages

1. Recognize importance of drinking water. H1.N2.1

3. Label Literacy

1. Identify location of a Nutrition Facts label. H1.N3.1

4. Caloric Intake and Expenditure

1. Understand food provides energy for the body. H1.N4.1

5. Disease Prevention

1. Understand that food choices can contribute to a healthy body. H1.N5.1

6. Nutritional Planning

1. Identify how family influences food and beverage choices and eating behaviors. H2.N6.1

Sexual Health

1. Anatomy and Physiology

1. Identify medically accurate names for body parts, including external reproductive anatomy. H1.SE1.1

2. Growth and Development

1. Describe how living things grow and mature. H1.SE2.1

5. Self-Identity

1. Explain that there are many ways to express gender. H1.SE5.1

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Healthy Relationships

a. Describe characteristics of a friend. H1.SE6.1.A

b. Identify healthy ways to express feelings. H1.SE6.1.B

c. Explain safe and unwanted touch. H1.SE6.1.C

1. Describe how to tell a trusted adult about unwanted touch. H4.SE6.1

Social Emotional Health

1. Self-Esteem

1. Compare and contrast positive and negative self-talk. H1.SO1.1

3. Stress Management

1. Recognize positive and negative effects of stress. H1.SO3.1

1. Identify basic stress management techniques. H7.SO3.1

4. Expressing Emotions

a. Describe appropriate ways to express emotions. H1.SO4.1.A

b. Recognize importance of being sensitive to others' feelings. H1.SO4.1.B

5. Harassment, Intimidation, and Bullying

a. Distinguish between bullying and teasing. H1.SO5.1.A

b. Discuss harmful effects of bullying and teasing. H1.SO5.1.B

1. List ways to respond appropriately to bullying and teasing. H4.SO5.1

Substance Use and Abuse

1. Use and Abuse

a. Understand differences between safe and unwanted medicine use. H1.SU1.1.A

b. Identify different medicines and harmful drugs. H1.SU1.1.B

c. Understand tobacco and alcohol are harmful drugs. H1.SU1.1.C

2. Effects

1. Recognize effects of medicines used incorrectly. H1.SU2.1

3. Prevention

1. Recognize how to tell a trusted adult when offered non-prescribed medicine or harmful drugs. H4.SU3.1

1. Recognize importance of avoiding tobacco, secondhand smoke, and alcohol. H1.SU3.1