

Grade 1

Health and Physical Education

Mental Health

Students will be able to:

- Define ways people communicate their feelings.

Safety and Injury Prevention (Safety)

Students will be able to:

- Identify careless behaviors that can result in accidents.

Family Life (Family Relationships & Social Behavior)

Students will be able to:

- Discuss ways in which families are different.

Disease Prevention and Control (Illness Prevention)

Students will be able to:

- Differentiate between communicable and non-communicable diseases.

Physical Activity and Fitness (Fitness/Wellness)

Students will be able to:

- Participate in a sequence of physical fitness activities and explain the healthful benefits on bones and muscles.
- Identify major body parts and their functions related to movement.

Nutrition

Students will be able to:

- Identify the food pyramid.
- Make healthy food choices.
- Identify heredity, diet, and physical activity as key factors in body shape and size.

Growth and Development (Human Body)

Students will be able to:

- Identify major body parts and their functions.
- Explain the function of the heart and blood in the body.
- List ways to take care of the body.

Tobacco, Alcohol, and Other Substance Use/Abuse Prevention (Substance Abuse Prevention)

Students will be able to:

- Explain how smoking and pollution affect health.

Reproduction/Sexuality (Sensitive Issues)

Violence Prevention

Students will be able to:

- Describe ways to interact with others respectfully.

Interpersonal Relationships

Consumer Health and Resource Management

Ecological Health

Community And Public Health

Students will be able to:

- Identify medical professionals and explain ways in which they can help us stay healthy.