

Course/Grade Level: First Grade Health Curriculum

Focus: Students will compare and contrast healthy vs. unhealthy behaviors.
Students will demonstrate an understanding of healthy living.

H.1.1 Students will examine concepts related to health promotion and disease.

Students will...

- H.1.1.1 identify healthy vs. unhealthy food. (ES.1.1) *Covered per science S.1.6*
- H.1.1.2 list how to prevent the spread of germs. (ES.1.1) *Covered per science S.1.6*
- H.1.1.3 describe safe behaviors at home, school, and community. (ES.1.1) *Covered per science S.1.6*
- H.1.1.4 demonstrate personal hygiene and dental health. (ES.1.1) *Covered per science S.1.6*
- H.1.1.5 differentiate between medicine and illegal drugs. (ES.1.1)
- H.1.1.6 identify people in the community that promote health. (ES.1.1, ES.2)

H.1.2 Students will demonstrate verbal and non-verbal communication skills.

Students will...

- H.1.2.1 demonstrate verbal vs. non-verbal communication through role-playing. (ES.5.1) *Covered per guidance G.1.1*
- H.1.2.2 demonstrate characteristics of being a responsible friend and family member. (ES.5.1) *Covered per guidance G.1.1*
- H.1.2.3 demonstrate healthy ways to express needs, wants, and feelings by using I-messages. (ES.5.1) *Covered per guidance G.1.1*