

Health Grade 1 Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<p><u>Disease Prevention and Control:</u></p> <p>Disease Prevention</p> <p>Hygiene</p> <p>Food and Illness</p> <p>Teeth</p> <p>Sun</p>	<p>Describe the importance of handwashing and covering a cough or sneeze to prevent the spread of germs. 1f.1.1</p> <p>Identify why hygiene is important to health. 1f.1.2</p> <p>Identify food safety practices. 1f.1.3</p> <p>Describe the proper steps for daily brushing and flossing teeth. 1f.1.4</p> <p>List ways to prevent harmful effects of the sun. 1f.1.5</p>	<p><u>Disease Prevention Essential Questions:</u></p> <p>What is the importance of washing hands frequently and well?</p> <p>What are important health care practices to practice?</p> <p>How can I keep the food that I eat safe from germs that cause illness?</p> <p>Why are brushing and flossing teeth important to my health?</p> <p>How can I stay safe in the sun?</p>

	<p><u>Mental and Emotional Health:</u></p> <p>Emotions</p> <p>Self and social awareness</p> <p>Relationships</p>	<p>Explain the relationship between emotions and behavior. 1a.1.1</p> <p>Describe appropriate ways to express one's emotions and practice positive coping skills. 1a.1.2</p> <p>Identify a variety of own emotions and ways the body signals these emotions. 1a.1.3</p> <p>Identify how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1a.1.4</p> <p>Identify and describe skills and activities that are done well and those that require help. 1a.1.5</p> <p>.</p> <p>Describe healthy ways to express affection, love, friendship, and</p>	<p><u>Mental and Emotional Health Essential Questions:</u></p> <p>How can I express my emotions in healthy ways?</p> <p>What are my personal strengths?</p> <p>How am I unique/special?</p> <p>What are some healthy and positive coping strategies that I can use?</p> <p>Who are the trusted adults in my life that I can go to for help and support?</p> <p>What are healthy ways to express affections, love, friendship, and concern?</p> <p>Why is it hurtful to tease or bully others?</p>

	<p>Teasing, bullying, and harassment</p> <p>Trusted Adults</p>	<p>concern. 1a.1.6</p> <p>Identify why it is hurtful to tease or bully others. 1a.1.7</p> <p>Describe the importance of talking with trusted adults about emotions and concerns. 1a.1.8</p>	<p>What are some skills and activities that I do well?</p>
	<p><u>Substance Abuse Prevention</u></p> <p>Medicine</p>	<p>Describe how to use medicine safely. 1b.1.1</p> <p>Explain the harmful effects of medicine when used incorrectly. 1b.1.2</p>	<p><u>Substance Abuse Prevention Essential Questions</u></p> <p>What are school and family rules about medicine safety?</p> <p>Why do I need to be careful with medicine?</p> <p>How can I keep my body safe</p>

	<p>Household products</p> <p>Nicotine</p>	<p>Describe how products can be harmful if inhaled, absorbed, or ingested. 1b.1.3</p> <p>Identify nicotine and electronic smoking devices. 1b.2.3</p> <p>Identify family and school rules about nicotine use and electronic smoking devices. 1b.2.4</p>	<p>when around medicine?</p> <p>How can I keep my body safe when around household products?</p> <p>What is nicotine?</p> <p>What products contain nicotine?</p> <p>What are school and family rules about nicotine use and electronic smoking devices?</p>
	<p>Healthy Eating:</p> <p>Nutritious foods and beverages</p> <p>Eating Patterns</p> <p>Moderation and “all foods fit”</p>	<p>Identify the benefits of drinking water. 1e.1.1</p> <p>Describe the benefits of trying new foods and the importance of respecting the food choices of others. 1e.1.2</p> <p>Identify nutritious choices from each food group. 1e.1.3</p> <p>Summarize signals that a person is hungry and full. 1e.1.4</p>	<p><u>Healthy Eating Essential Questions:</u></p> <p>What are the benefits of drinking water?</p> <p>What are the benefits of trying new foods?</p> <p>How can foods and beverages impact my body?</p> <p>Why is it important to eat a variety of foods?</p> <p>What are the basic food groups?</p>

		<p>Identify eating patterns that provide energy and help the body grow, develop and perform different jobs. 1e.1.5</p> <p>Describe the benefits of eating breakfast. 1e.1.6</p> <p>Define the concept of moderation and the idea that “all foods fit.” 1e.1.7</p>	<p>What are nutritious choices from each food group?</p> <p>What is the benefit of eating breakfast?</p> <p>What is moderation and how do foods fit into my life?</p> <p>How does the body signal when it is hungry or full?</p>
	<p><u>Safety and Violence Prevention:</u></p> <p>Safety around people</p>	<p>Practice actions that help one to stay safe around strangers. 1d.1.5</p> <p>Identify how familiar people or people in authority can help or harm children. 1d.1.6</p> <p>Demonstrate refusal skills and other ways to take action if someone is making you feel uncomfortable, unsafe, or disrespected. 1d.1.7</p> <p>Explain the difference between secrets and surprises. 1d.1.8</p>	<p><u>Safety and Violence Prevention Essential Questions:</u></p> <p>How and where can I seek help from trusted adults?</p> <p>Who are 5 trusted adults in my life?</p> <p>What can I do in an emergency situation to keep myself safe?</p> <p>What can I do in an emergency situation to keep others safe?</p> <p>How can I keep myself safe</p>

<p>Trusted Adults</p>	<p>Identify and access adults who can help children. 1d.1.9</p>	<p>around strangers?</p>
<p>Technology Safety</p>	<p>Explain the importance of sharing all information with parent(s)/guardian(s)/trusted adult(s). 1d.1.10</p>	<p>How can I keep myself safe while using technology?</p>
<p>Boundaries and Consent</p>	<p>Identify appropriate boundaries when using technology and the internet. 1d.1.11</p>	<p>How can I respect the privacy and boundaries of others?</p>
<p>Private Parts</p>	<p>Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face to-face. 1d.1.12</p>	<p>How can I communicate my personal boundaries to others?</p>
<p>Compassion for victims</p>	<p>Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others. 1d.1.13</p>	
	<p>Identify parts of the body that are</p>	

		<p>private oneself or others. 1d.1.14</p> <p>Explain that it is never a person's fault if someone causes them to feel unsafe. 1d.1.15</p>	
<p><u>Family Life and Human Sexuality</u></p> <p>Healthy Relationships and Consent</p>	<p>Describe differences in families. (e.g., single-parent, same-gender, intergenerational, cohabitating, adoptive, foster, etc.). 1c.1.1</p> <p>Identify healthy family and peer relationships. 1c.1.2</p> <p>Demonstrate how to communicate respect for someone's personal boundaries. 1c.1.3</p>	<p><u>Family Life and Human Essential Questions:</u></p> <p>What are different types of families that exist?</p> <p>What are some positive things about my family?</p> <p>What does a healthy relationship look like?</p> <p>How can I help others?</p> <p>What are my personal body boundaries?</p>	
<p><u>Human Body</u></p> <p>Body Systems</p>	<p>Identify the systems of the human body.</p> <p>Identify the main organs in the</p>	<p><u>Human Body Essential Questions:</u></p> <p>What are the systems of the human body?</p>	

		<p>human body.</p> <p>Describe how to take care of the organs and systems of the human body.</p> <p>Describe the 5 senses and how to take care of the 5 senses.</p>	<p>What are some of the organs of the human body?</p> <p>What are some of the jobs that body systems do?</p> <p>What are some of the jobs that organs do?</p> <p>How can I take care of my body systems and organs?</p>
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