



Elementary School Health Education

2022-2023 Scope and Sequence

NCDPI Healthful Living: Grade 1

OVERVIEW

The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.

North Carolina Essential Standards – Health Education

MEH = MENTAL and EMOTIONAL HEALTH

PCH = PERSONAL and CONSUMER HEALTH

ICR = INTERPERSONAL COMMUNICATIONS and RELATIONSHIPS

NPA = NUTRITION and PHYSICAL ACTIVITY

ATOD = ALCOHOL, TOBACCO, and OTHER DRUGS

Grade	NC Essential Standards	Clarifying Objectives
1st GRADE Mental and Emotional Health (MEH)	1.MEH.1 Understand the relationships among healthy expression of emotions, mental health, and healthy behavior.	1.MEH.1.1 Use effective communication to express and cope with emotions. 1.MEH.1.2 Use methods of positive coping with disappointment and failure. 1.MEH.1.3 Classify stressors as eustress or distress.
1st GRADE Personal and Consumer Health (PCH)	1.PCH.1 Apply measures for cleanliness and disease prevention. 1.PCH.2 Understand wellness, disease prevention, and recognition of symptoms. 1.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.	1.PCH.1.1 Recognize that germs produce illness and can be spread from one person to another. 1.PCH.1.2 Use measures for preventing the spread of germs. 1.PCH.2.1 Illustrate symptoms of sickness and measures for getting well. 1.PCH.2.2 Summarize the transition between primary and permanent teeth and steps for seeking help for dental problems. 1.PCH.3.1 Identify safety hazards in the home and injury prevention strategies. 1.PCH.3.2 Identify items that can cause burns, strategies to prevent fire and burn injury. 1.PCH.3.3 Execute the Stop, Drop, and Roll response. 1.PCH.3.4 Execute an emergency phone call.



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<p>1st GRADE Interpersonal Communication and Relationships (ICR)</p>	<p>1.ICR.1 Understand healthy and effective interpersonal communication and relationships.</p>	<p>1.ICR.1.1 Explain the importance of demonstrating respect for the personal space and boundaries of others. 1.ICR.1.2 Explain the value of having a diversity of students in the classroom. 1.ICR.1.3 Contrast tattling with reporting aggression, bullying, and violent behavior. 1.ICR.1.4 Contrast appropriate and inappropriate touch. 1.ICR.1.5 Illustrate how to seek adult assistance for inappropriate touch.</p>
<p>1st GRADE Nutrition and Physical Activity (NPA)</p>	<p>1.NPA.1 Understand My Plate as a tool for selecting nutritious foods.</p> <p>1.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</p> <p>1.NPA.3 Remember fitness concepts to enhance quality of life.</p>	<p>1.NPA.1.1 Select a variety of foods based on My Plate. 1.NPA.1.2 Contrast more nutrient dense foods from those that are less nutrient dense.</p> <p>1.NPA.2.1 Classify the sources of a variety of foods. 1.NPA.2.2 Select healthy alternatives to foods and beverages that are high in sugar.</p> <p>1.NPA.3.1 Recognize the benefits of physical activity. 1.NPA.3.2 Recall fitness and recreation activities that can be used during out of school hours.</p>
<p>1st GRADE Alcohol, Tobacco, and Other Drugs (ATOD)</p>	<p>1.ATOD.1 Understand how to use household products and medicines safely.</p>	<p>1.ATOD.1.1 Recognize the harmful effects of medicine when used incorrectly. 1.ATOD.1.2 Recognize how to behave safely with medicines and household cleaners. 1.ATOD.1.3 Classify products as harmful or safe. 1.ATOD.1.4 Summarize strategies for reporting harmful substances.</p>