



Carlstadt Public School District Curriculum Guide

Health Grade 1 - 40 minutes 2x/week - full year

Scope & Sequence

| Unit | Pacing (Days/Weeks) | Key Ideas | Standards |
|---|------------------------|---|---|
| Injury Prevention and Personal Safety | 4 weeks | Careless and careful behavior; predicting consequences of choices; being responsible; rules of safe play; safe and unsafe fire prevention routines; keeping your body safe; routines for body care; private body parts; types of touches; how to yell and tell; refusal skills; | 2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.3; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.SSH.6; 2.1.2.SSH.9; 2.2.2.LF.2; 2.2.2.LF.4; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.3.2.PS.1; 2.3.2.PS.2; 2.3.2.PS.3; 2.3.2.PS.4 |
| Functions of the Body | 4 weeks | Identifying body parts and functions: heart, lungs, liver, teeth, five senses, brain, skin, ears, mouth, blood, stomach, and intestines; heeding body signals; muscles and bones | 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.PP.1; 2.1.2.SSH.1; 2.1.2.SSH.2; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.2.2.PF.1; 2.3.2.HCDM.2; |
| Nutrition | 4 weeks | Role of food; effects of healthful and unhealthful foods; setting dietary goals; decision-making steps for healthy meals; how food turns into energy; learning about digestion; food handling methods; food groups; influence of culture and family | 2.1.2.CHSS.1; 2.1.2.EH.2; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.2.2.N.1; 2.2.2.N.2; 2.3.2.HCDM.1; 2.3.2.PS.1 |
| Injury Prevention and Personal Safety/Substance Abuse Awareness | 4 weeks | Predicting consequences of not following medicine rules; effects of drugs on the body | 2.1.2.CHSS.1; 2.1.2.SSH.5; 2.1.2.SSH.9; 2.3.2.ATD.1; 2.3.2.ATD.2 |



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| Communication and Feelings | 4 weeks | Methods of communication; talking about feelings; self-management of emotions | 2.1.2.CHSS.1; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.SSH.1; 2.1.2.SSH.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.3.2.DSDT.2; 2.3.2.PS.8 |
| Self-worth, Mental and Emotional Health | 4 weeks | Identifying personal talents, qualities, and feelings; respecting self and others; helping others; setting goals; using refusal skills; locating trusted adults; making friends; positive character traits | 2.1.2.CHSS.1; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.2.2.MSC.8; 2.3.2.DSDT.2; 2.3.2.PS.5; 2.3.2.PS.6; 2.3.2.PS.7; 2.3.2.PS.8 |
| Substance Abuse Prevention | 4 weeks | Identifying drugs (nicotine, alcohol, street drugs); knowing the effects of drugs; locating trusted adults for help; respecting community helpers; rules, laws for preventing drug abuse; routines for healthy living; refusal skills; | 2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.PGD.1; 2.1.2.PGD.3; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.3.2.ATD.2; 2.3.2.ATD.3; 2.3.2.DSDT.1; 2.3.2.DSDT.2; |
| Disease and Illness Prevention | 4 weeks | Illness symptoms; self-care; consequences of poor care; knowing about germs; fighting germs; expressing empathy; following directions; personal and community hygiene rules; common childhood illnesses; vaccines | 2.1.2.CHSS.1; 2.1.2.CHSS.4; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PP.2; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.3.2.HCDM.2; 2.3.2.HCDM.3; 2.3.2.PS.1 |



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| Functions of the Body | 4 weeks | Talking and listening; speaking and hearing problems; impact of drugs on the body | 2.1.2.CHSS.1; 2.1.2.EH.2; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.2.2.PF.1; 2.2.2.PF.3; 2.3.2.ATD.3; 2.3.2.HCDM.1; 2.3.2.HCDM.2; 2.3.2.PS.1 |
| Physical Fitness | 4 weeks | Relationship between exercise and nutrition; respiratory health; strong muscles and bones; defining physical fitness; benefits of exercise throughout life; safety routines; good sportsmanship and anger management; goals for self and others; types of physical activities; fitness pyramid | 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.CHSS.5; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.2.2.LF.1; 2.2.2.LF.4; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.2.2.MSC.8; 2.2.2.PF.1; 2.2.2.PF.3; 2.3.2.HCDM.2 |