
Health - First Grade

Curriculum Guide

Scranton School District

Scranton, PA



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First Grade Health Curriculum

Prerequisite :

Students will complete the Kindergarten Health Education course.

Course Description Here

First Grade Health Education will be taught by a certified Health and Physical Education Teacher. It will provide students with opportunities to learn about age-appropriate Health related issues critical to living a healthy lifestyle.

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Year-at-a-glance

Subject:	Grade Level	Date Completed:
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1st Quarter

Topic	Resources	CCSS
Safety/Injury Prevention/Emergency	SSD Health and PE Curriculum	
Personal/ Community Health	Kidshealth.org	
Alcohol, tobacco, and other drug		

Health will be taught for 60 minutes in the first quarter at the teacher's discretion.

2nd Quarter

Topic	Resources	CCSS
Nutrition	SSD Health and PE Curriculum	
Growth Development	Kidshealth.org	
Alcohol, tobacco, and other drug		

Health will be taught for 60 minutes in the second quarter at the teacher's discretion.

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3rd Quarter

Topic	Resources	CCSS
Safety/Injury Prevention/Emergency	SSD Health and PE Curriculum	
Personal/ Community Health	Kidshealth.org	
Alcohol, tobacco, and other drug		

Health will be taught for 60 minutes in the third quarter at the teacher’s discretion.

4th Quarter

Topic	Resources	CCSS
Nutrition	SSD Health and PE Curriculum	
Growth Development	Kidshealth.org	
Alcohol, tobacco, and other drug		

Health will be taught for 60 minutes in the fourth quarter at the teacher’s discretion.

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General Topic	Academic Standard(s)	Essential Knowledge, Skills & Vocabulary	Essential Questions	Assessments	Suggested Time
Growth and development	10.1.3A Identify and describe the stages of growth and development <ul style="list-style-type: none"> ● Infancy ● Childhood ● Adolescence ● Adulthood ● Late adulthood 	Core Concepts: <ul style="list-style-type: none"> ● Infancy ● Childhood ● Emotions/Feelings <ul style="list-style-type: none"> ○ Happy/angry ○ Sad ● Social ● Emotional ● Physical ● Intellectual 	Identify and describe the stages of growth. What are emotions? What are the changes that occur during development?	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	
Growth and development	10.1.3B Identify and know the location and function of the major body organs and systems <ul style="list-style-type: none"> ● Circulatory ● Respiratory ● Muscular ● Skeletal ● Digestive 	Functions Major Organs Location and/or Function Heart Lungs Brain Stomach	What does your (major organ) do?	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	
Nutrition	10.1.3C Explain the role of Myplate in helping people eat a healthy diet. <ul style="list-style-type: none"> ● Food Groups ● Number of servings ● Variety of food ● Nutrients 	Growth and development Fuel/Energy Free from illness Core Concepts	Why does our body need a variety of healthy food?	Teacher prepared tests, quizzes, etc. Series available assessments online. (Optional)	

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<p>Alcohol, tobacco, and other drug</p>	<p>10.1.3D Know age appropriate drug information</p> <ul style="list-style-type: none"> ● Definition of drugs ● Effects of drugs ● Proper use of medicine ● health/unhealthy taking 	<p>Define Drugs Examples of helpful/harmful drugs Poisons Harm</p> <ul style="list-style-type: none"> ● tobacco ● alcohol <p>Help</p> <ul style="list-style-type: none"> ● Medicines <p>Core Concepts/self management</p>	<p>What is a drug? What are helpful and harmful drugs?</p>	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	
<p>Personal and Community Health</p>	<p>10.1.3 Identify types and causes of common health problems of children</p> <ul style="list-style-type: none"> ● infectious diseases ● non-infectious disease ● Germs ● Pathogens ● Heredity 	<p>Define germs and diseases Prevention methods</p> <ul style="list-style-type: none"> ● Hand washing ● Hand Sanitizer ● sneeze into elbow ● Cough into elbow 	<p>What is a germ? What is a disease? How do we prevent spreading germs?</p>	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	
<p>Injury and prevention and safety</p>	<p>10.2.3 A Identify health-related information</p> <ul style="list-style-type: none"> ● Signs and symbols ● Terminology ● products and services 	<p>Common signs. symbols that warn us of danger:</p> <ul style="list-style-type: none"> ● Stop sign ● Crosswalk ● Railroad crossings ● Skull and crossbones 	<p>What types of signs and symbols can keep us safe?</p>	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	
<p>Nutrition</p>	<p>10.2.B Identify media sources influence health and safety.</p>	<p>Media: Advertisements, commercials, books, tv, movies, and booklet</p>	<p>How can the media influence health behaviors?</p>	<p>Teacher prepared tests, quizzes, etc.</p>	

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				Series available assessments online. (Optional)	
Personal and community	10.2.3C identify the steps in a decision-making process	<p>Core Concepts/Self-Management</p> <ul style="list-style-type: none"> ● Decision Making ● DEcision making process <ul style="list-style-type: none"> ○ Identify ○ Choose ○ Evaluate ● Talk to parents, teachers, and trusted adults 	How can we make good decisions?	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	
Injury prevention & safety Personal and community Health	10.3.3A Recognize safe/unsafe practices in the home, school, and community <ul style="list-style-type: none"> ● General (fire, electrical, animals) ● Modes of transportation ● Outdoor (safe/unsafe touch, abuse, strange, bully). 	<p>Stranger: person we don't know</p> <p>Safe practices related to strangers</p> <p>Good touch vs Bad Touch</p> <p>Victim</p> <p>Bully</p> <p>Bystander</p>	<p>What are basic safety skills?</p> <p>What is a bully?</p> <p>What do you do when you are or someone is bullied?</p> <p>What is a bystander</p>	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	
Injury prevention & safety Personal and community Health	10.3.3B Recognize emergency situations and explain appropriate responses. Importance of remaining calm. How to call for help	<p>Define Emergency</p> <p>Review 911 Procedure</p>	<p>What is emergency?</p> <p>Who do you go to during an emergency? How do you protect yourself during an emergency?</p>	<p>Teacher prepared tests, quizzes, etc.</p> <p>Series available assessments online. (Optional)</p>	

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	Simple assistance procedures how to protect self				

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