Health Education 1st Grade

Unit:	**Growth and Development**				
Big Ideas:	Identify and describe the stages of growth and development. Understand and recognize different physical characteristics of an individual.				
Unit Essential Questions:	What is Health? What happens to your body as you get older? What are the three main components of Health (triangle of health)?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 Class period of 20 minutes	10.1.3.A	Infancy (Baby) Childhood (Child) Adolescence (Teen) Adulthood (Adult) Late Adulthood (Senior)	Class Procedures Squad Lines Rules Grading Discipline Expectations Growth and development	Posters and Pictures Online "Brain Pop Jr."	State classroom rules Recognize importance of having and following rules Identify the stages of growth and development Questions and Answers
Unit:	**Personal Hygiene**				
Big Ideas:	Identify personal hygiene practices and the importance of promoting health and preventing the spread of germs. Identify methods of protection from illnesses. Understand the concept of grooming and cleanliness.				
Unit Essential Questions:	What does it mean to be healthy? What must be done to keep our body healthy? When should you wash your hands? How do we wash our hands? How do we practice proper hygiene daily?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.1.3.E 10.2.3.A 10.2.3.B 10.2.3.C 10.2.3.D 10.2.3.E	Hair Hands Warm Soap Germ Wash (Bath)	Brain Pop Jr. Video "Hand Washing" Hand Washing Worksheet Puzzle Word Wall Words	Projector Brain Pop Jr. Hand Washing Worksheet	Class participation in group discussions and questions and answers Review Quiz Hand Washing worksheet/puzzle (Place steps of washing hands in order) Recognize and identify the 5 word wall words

Unit:	**Growth and Development**				
Big Ideas:	Identify and know the location and functions of the major body organs and systems.				
Unit Essential Questions:	How do these main body parts help with maintaining a healthy body?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
5 class period of 20 minutes	10.1.3A 10.1.3B	Heart (Circulatory) Lungs (Respiratory) Brain Stomach (Digestive) Muscles (Skeletal) Bones (Muscular)	Pictures/Posters of the : Heart Lungs Brain Stomach Muscles Bones Students will hold and show a picture of the Heart, Lungs, Brain, Stomach, Muscles and Bones. 2 Groups in putting Mr. Poly Bones together.	Projector Brain Pop Jr. Pictures Worksheets Mr. Poly Bones Puzzle	Class participation in group discussions and questions and answers. Paired and group activities.
Unit:	**Communicable and Non Communicable Diseases**				
Big Ideas:	Identify methods of protection from illness. Define what a germ is. Identify types and causes of common health problems for children.				
Unit Essential Questions:	What is a germ? What is immunization? What is a communicable disease? What is a non-communicable disease?				
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2 class periods of 20 minutes	10.1.3 E	Blood Pressure Immunization Check Up Pediatrician Patient Symptom Fever Immune System Contagious Mucus	Word Wall Words Brain Pop Jr Online video Review Questions and class discussion Group and paired challenge Going to the Doctor Colds and Flu	Projector Work Sheets Word Wall List Note Book Questions	Class discussions and participation Paired and group activities Online Quiz Questions
Unit:	**The Five Senses of the Body**				
Big Ideas:	Identify and know the location and function of the five senses of the body.				
Unit Essential Questions:	What are the main parts of the nervous system? (Spinal Cord, Brain, Nerves) How can you care for your nervous system? Your Heart, Lungs and Brain are all organs: What is an Organ?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class period of 20 minutes	10.1.3 B	Spinal Cord Senses Nerves Taste Buds Nervous System Ears Eyes Nose Mouth Fingers	Word Wall Words Brain Pop Jr. Online video Review Questions Five Senses Worksheet with groups Senses	Projector Posters Worksheets Note Book Questions	Class discussion and participation Paired and group activities Online Quiz Questions
Unit:	**Community Information, Services, Products**				
Big Ideas:	Identify community health services. Identify personal hygiene practices and community practices and community helpers that promote health and prevent the spread of diseases.				
Unit Essential Questions:	Why are teeth important and how do we keep them healthy? Describe way to clean your teeth?				
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2 class periods of 20 minutes	10.2.3 A	Doctor Dentist Community Health Department Hygienist Tooth Decay Plaque Cavity	Word Wall Words Brain Pop Jr. video online “The Dentist” Review Questions Worksheet Identifying good health habits of maintaining good hygiene Video online Brain Pop Jr. “caring for teeth”	Projector Posters Worksheets Note Book Questions	Class discussions and participation Paired and group activities Online Quiz Questions Completed healthy habits worksheet

Unit:	**Environment/Community Health**				
Big Ideas:	Identify environmental factors that affect health.				
Unit Essential Questions:	What is a Community? What is Pollution? Why does air pollution cause breathing problems? What is asthma?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
1 class period of 20 minutes	10.2.3 E	Mucus Asthma Trigger Inhaler Lungs Pollution Environment Temperature	Word Wall Words Brain Pop Jr. Video “Asthma” Video online Questions	Projector Brain Pop Jr. Online Worksheet Note Book Questions	Class discussion and paired and group participation Online Quiz Questions
Unit:	**Decision Making/Goal Setting/Interpersonal Relationships/Bullying**				
Big Ideas:	Identify the steps in a decision-making process. Identify positive and negative ways to get attention. Recognize personal and shared space				

Unit Essential Questions:	Why is it important to make good decisions? What are some ways to communicate? How do you make friends? Do you know how to recognize conflict situations and identify strategies to avoid or resolve?

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2 class periods of 20 minutes	10.2.3 D 10.3.3 C	Rumor Bully Avoid Cyberbully Ignore Friend Apology Argue Compliment Solve	Brain Pop Jr. Video Bully/Friends Note Book Question	Projector Brain Pop Jr. Online	Paired and Group participation Class Discussion

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat healthy 2. Exercise enough & 3. Live Tabaco Alcohol Drug Free**
Big Ideas:	Explain the role of the My Plate/My Food Pyramid guide in helping eat a healthy diet.
Unit Essential Questions:	What is the My Plate? Why are fruits and vegetables important in your diet? What are healthy snacks? What are nutrients?

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2 class periods of 20 minutes	10.1.3 C	Grains Protein Dairy Fruits Vegetables Nutrients Digestive System Junk Food Nutritious	Brain Pop Jr. Videos (Eating Right & Food Groups) Lunch Tray sections How we can eat a variety of food groups in a day	Projector Posters Measuring spoons and cups food cards and pictures Brain Pop Jr. Online Videos	Paired and Group Discussions and participation Place food cards in food groups group activty

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise enough & 3. Live Tobacco Alcohol Drug Free**				
Big Ideas:	Identify and use safe practices in physical activity setting. Health Benefits of daily exercise, active play, academic integration, body and brain activity, focus, behavior, personal space, and social play.				
Unit Essential Questions:	Why is exercise important for a healthy heart and lungs? Why does the body and brain need exercise? What is Exercise?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
1 class period of 20 minutes	10.3.3 D	Exercise Stretch Stress Physical Activity Flexible	Word Wall Words Brain Pop Jr. Video (Exercise) Note Book Questions Worksheet	Projector Worksheet Brain Pop Jr. Video (Exercise)	Paired and group discussion and participation Worksheet Note Book Questions and answers Online Review Quiz Challenge

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise Enough & 3. Live Tobacco Alcohol Drug Free**				
Big Ideas:	Know age appropriate drug information. Recognize that Alcohol is a drug. Discuss Refusal skills.				
Unit Essential Questions:	What are good drugs and bad drugs? What is Tobacco? What is Alcohol?				
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3 class periods of 20 minutes	10.1.3 D	Medicine Vaccine Side Effect Prescription Pharmacist Illegal Drug Addictive Abuse Cilia Tobacco Nicotine Second Hand Smoke	Word Wall Words Brain Pop Jr Videos (Medicines, Illegal Drugs & Smoking) Note Book Questions Online Quiz Challenge	Projector Brain Pop Jr. Online Videos Posters	Paired or group discussions and participation Thumbs Up Thumbs Down
Unit:	**Safety/Media & Emergencies**				
Big Ideas:	Recognize traffic safety rules for the following: crossing streets, seat belts, and helmets, riding a bike, signs and signals. Discuss safety rules for the following: Playground, Bus, Classroom, Tornado Drills, Earthquake Drill, Fire Drills, Dangerous objects and weapons (broken glass, needles, spit, blood, etc.), and food consumption. Demonstrate how to get help in an emergency. Demonstrate Stop, Drop & Roll when your clothing is on fire. Practice safety rules pertaining to strangers. (shout, kick or scream) (Tell an adult.) (Avoid stranger's vehicles.) Identify sources to report abuse, harassment, violence, and injury. (teacher, nurses, counselor, ministers, parents, coaches) Understand the importance of Halloween Safety.				
Unit Essential Questions:	Who is a trusted Adult? How do you cross a street safely? How do you get help in an emergency? What is stranger safety?				
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4 class periods of 20 minutes	10.2.3 B 10.2.3 C 10.3.3 A 10.3.3 B	Symbol Cross Walk Caution Harm Yield Fire Pedestrian Emergency Stranger	Word Wall Words Brain Pop Jr. Online Video "Safety Signs and Symbols" Note Book Questions Worksheet Brain Pop Jr. Quiz Challenge	Projector Posters Brain Pop Jr. Video Worksheets	Paired and group class discussions and participation. Worksheets Brain Pop Jr. Quiz Challenge