

Health Education Grade 1 Supplemental Teaching Resources

Essential Learning Objectives	Performance Indicators	Supplemental Teaching Resources
<p>1. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>A1. Discuss how family, friends, and media influence food choices</p> <p>B1. Explain why sleep and rest are important for proper growth and good health</p> <p>C1. Describe internal and external influence that could lead to or prevent injury or violence</p> <p>F1. Explain how family and friends influence positive health practices</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutrition and Physical Activity; Growth, Development, and Sexual Health; Injury Prevention and Safety; Personal and Community Health</p>		
<p>2. Students will demonstrate the ability to access valid health information and products and services to enhance health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <p>A1. Identify resources for reliable information about healthy foods</p> <p>A2. Discuss how family, friends, and media influence food choices</p> <p>B1. List people to go to for help if feeling unsafe or threatened</p> <p>F2. Identify individuals in the school and in the community who promote health</p>	
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Growth, Development, and Sexual Health; Personal and Community Health</p>		

Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>3. Students will demonstrate the ability to use interpersonal communication and skills to enhance health and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Demonstrate effective communication skills to ask for healthy food choices C1. Demonstrate the ability to use refusal skills in risky situations C2. Practice effective conflict resolution techniques with others C3. Report bullying, harassment, and other dangerous situations C4. Demonstrate what to say when witnessing bullying D1. Practice effective verbal communication to request for help in dealing with situations regarding ATOD D2. Demonstrate refusal skills to resist pressure to experiment 	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs</p>		
Essential Learning Objective	Performance Indicators	Supplemental Teaching Resources
<p>4. Students will demonstrate the ability to use decision-making skills to enhance health.</p>	<p>Performance will be satisfactory when the student is able to:</p> <ul style="list-style-type: none"> A1. Describe how to use a decision making process to select nutritious foods A2. Describe how to use a decision making process to select physical activities C1. Evaluate strategies to avoid potentially dangerous situations C2. Examine the consequences of bullying and harassment C3. Analyze the benefits of using nonviolent means to resolve conflict C4. Evaluate how following family, school, and community rules can impact safety D1. Evaluate strategies to avoid situations where ATOD are being used 	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety; Alcohol Tobacco and Other Drugs</p>		

Essential Learning Objectives	Performance Indicators	Supplemental Teaching Resources
<p>5. Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<p>Performance will be satisfactory when the student is able to: A1. Make a plan to choose healthy foods and beverages D1. Make a plan to choose healthy alternatives to ATOD</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Alcohol, Tobacco and Other Drugs</p>		
Essential Learning Objectives	Performance Indicators	Supplemental Teaching Resources
<p>6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<p>Performance will be satisfactory when the student is able to: A1. Demonstrate how to take responsibility for healthy foods A2. Demonstrate how to take responsibility for limiting sugar consumption C1. Demonstrate strategies to avoid bullying and other types of harassment C2. Demonstrate use of appropriate protective equipment D1. Use a variety of effective coping strategies when faced with ATOD use and abuse by family and friends</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p> <p>(also available for public viewing within the site's LMC)</p>
<p>Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety; Alcohol, Tobacco and Other Drugs</p>		
Essential Learning Objectives	Performance Indicators	Supplemental Teaching Resources
<p>7. Students will demonstrate the ability to advocate for personal, family, and community health.</p>	<p>Performance will be satisfactory when the student is able to: A1. Support others in making positive food and physical activity choices C1. Encourage ways to improve safety at home</p>	<p><i>The Essentials of Teaching Health Education: curriculum, Instruction, and Assessment.</i> by Sarah Benes & Holly Alperin</p>

		(also available for public viewing within the site's LMC)
Above objective aligned with AASD Content Domain(s): Nutritional and Physical Activity; Injury Prevention and Safety		

[Seven Major Health Skills Flyer](#)