

First Grade Health Scope & Sequence

Last Updated June 2026

GBS Unit	Lesson & Activity	2023 Standards Alignment
Unit 1 How to Stay Safe	L01: Look Out! L02: Be Careful When You Play A14: Bike Safety L03: Fire Can Hurt You L04: Who Knows the Rules?	1.SFA.1, 1.SFA.3 1.WHP.3, 1.SFA.1, 1.SFA.3, 1.SFA.4, 1.SFA.5, 1.SFA.2, 1.SFA.3 1.SFA.1, 1.SFA.2, 1.WHP.4
Unit 2 Head to Toe	P04: Quilt of Differences	1.HRVP.1, TSEL Practice 4A
Unit 4 All About Medicines	L01: All About Medicines P01: My Trusted Adult L02: Who Can Give Medicine L04: Medicine Can Mean Trouble	1.SUB.1, 1.SUB.2, 1.WHP.4 1.SUB.1, 1.SUB.2, 1.WHP.4 1.SUB.1, 1.SUB.2
Unit 5 Talk and Listen	L02: We Talk and Listen P02: Avoiding a Fight L04: Tell How You Feel	1.HRVP.1, 1.HRVP.2 1.WHP.4, 1.HRVP.1, 1.HRVP.2, 1.HRVP.5
Unit 6 Happy, Sad, and In Between	L01: We Have Many Feelings L02: Talking Helps Me Feel Better L03: Cool Dude Gets Mad Unit 9 P04: Using Breathing Exercises to Control Your Temper	1.SEM.1, TSEL Practice 1A , 1.HRVP.2 1.WHP.4, 1.HRVP.1, 1.HRVP.2 1.HRVP.2, 1.SEM.1, TSEL Practice 1A 1.SEM.2, TSEL Practice 1B
Unit 8 Get Well Soon	L02: Germs P02: What To Do if You Find a Needle L03: Getting Better	1.WHP.2, 1.SUB.2, 1.FNP.5 1.SFA.4 1.WHP.2, 1.WHP.4, 1.GD.3
Families may opt their child out of the following Comprehensive Sexuality Education lessons.		
Unit 2 Head to Toe	L04: My Body Is Extra Special Optional Read Aloud: Except When They Don't by Laura Gehl Optional Spanish Read Aloud: SOY UNA NIÑA by Yasmeen Ismail (TWI classes only)	1.HRVP.3, 1.GD.1 1.HRVP.3, 1.GD.1 1.HRVP.3, 1.GD.1
Unit 6 Happy, Sad, and In Between with Erin's Law Lessons from Fightchildabuse.org	L04: My Body Is Private Erin's Law Lesson 1: The Protect Yourself Rules Erin's Law Lesson 2: It Doesn't Matter Who It Is Erin's Law Lesson 3: Stranger Safety Erin's Law Lesson 4: Know When to Tell	1.HRVP.4, 1.HRVP.6, 2.GD.2 1.HRVP.5, 1.HRVP.6 1.HRVP.5, 1.HRVP.6 1.HRVP.5, 1.HRVP.6 1.HRVP.5, 1.HRVP.6

Great Body Shop Key

U = Unit

L = Lesson

P = Portfolio

HC = Home Connection

Important Note: The majority of the health units and lessons listed here come from our adopted Great Body Shop health curriculum. When instructional materials outside of The Great Body Shop are listed, they will be directly linked in the table for your viewing convenience. To preview the Great Body Shop Lessons, please look for the parent notification letter and instructions that will be sent to you by early January or contact your school's office directly for more information.