

Curriculum

CONTENT AREA:	HEALTH	GRADE LEVEL:	1	
MLR CONTENT STANDARD:	A. HEALTH CONCEPTS: Students will understand health promotion and disease prevention concepts.			
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS				
(1) Nutrition Ed. (2) Personal Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health	(9) Environmental Health (10) Prevention & Control of Disease & Disorders
MLR PERFORMANCE INDICATORS	WSD BENCHMARKS	INSTRUCTION LEVEL	HEALTH CONTENT AREA	COMMON ASSESSMENT
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>				
A1	Recognize the relationship between healthy eating and a healthy body and mind.	R	(1)	
A1	Explain how pollution and a healthy environment impact our personal health.	I	(9)	
A2	Understand that frequent hand washing prevents the spread of communicable diseases.	R	(10)	
A3	Begin to understand that our body has many systems that continue to grow and change.	I	(4)	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR CONTENT STANDARD:	B. HEALTH INFORMATION, SERVICES, AND PRODUCTS: Students will know how to acquire valid information about health issues, services, and products.														
MANDATED COMPREHENSIVE SCHOOL HEALTH EDUCATION CONTENT AREAS															
<table border="0" style="width: 100%;"> <tr> <td>(1) Nutrition Ed.</td> <td>(3) Family Life Education</td> <td>(5) Safety & Accident Prevention</td> <td>(7) Substance Use & Abuse</td> <td>(9) Environmental Health</td> </tr> <tr> <td>(2) Pers. Health</td> <td>(4) Growth & Development</td> <td>(6) Consumer Health</td> <td>(8) Community Health</td> <td>(10) Prevention & Control of Disease & Disorders</td> </tr> </table>						(1) Nutrition Ed.	(3) Family Life Education	(5) Safety & Accident Prevention	(7) Substance Use & Abuse	(9) Environmental Health	(2) Pers. Health	(4) Growth & Development	(6) Consumer Health	(8) Community Health	(10) Prevention & Control of Disease & Disorders
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B1	List traits of a helpful person and who are key school and community helpers.	R	(8)												

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MLR CONTENT STANDARD:	C. HEALTH PROMOTION AND RISK REDUCTION: Students will understand how to reduce their health risks through the practice of healthy behaviors.		
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(1) Nutrition Ed. (2) Pers. Health	(3) Family Life Education (4) Growth & Development	(5) Safety & Accident Prevention (6) Consumer Health	(7) Substance Use & Abuse (8) Community Health
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C1	List the harmful effects of tobacco.	R	(7)
C1	List the harmful effects of second-hand smoke.	I	(7)
C2	Demonstrate proper hand washing.	R	(2)
C2	Demonstrate brushing and flossing teeth and understand that they prevent tooth decay and gum disease.	R	(10)
C3	List healthy choices from each of the 5 food groups.	R	(1)
C4	Demonstrate understanding of playground safety, steps to take in a fire, and how to call 911.	I, E	(5)

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MLR CONTENT STANDARD:	D. INFLUENCES ON HEALTH: Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.														
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D1	Explain what is on a food label and compare the healthiness of several food products.	I	(1)												
D2	List and practice several ways to be physically active in school and at home.	R	(2)												
D2	Identify activities in the family that are helpful to each member and demonstrate working harmoniously together.	I	(3)												

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MLR CONTENT STANDARD:	E. COMMUNICATION SKILLS: Students will understand that skillful communication can contribute to better health for them, their families, and the community.		
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E1	Role play positive conflict resolution skills.	I	(2)
E1	Demonstrate simple refusal skills for tobacco and alcohol; assertively communicating discomfort with second-hand smoke, and asking for and offering help.	I	(7)
E2	Distinguish between verbal and non-verbal communication in asking for help, refusing, showing different feelings.	I	(7)

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