

## Grade One

Students in grade one learn about their body's systems and various health topics. They begin to understand how their decisions can impact their health and wellness now and in the future. Students begin to relate choices with consequences. They begin to examine the influence of the media on health decisions and to identify ways to access reliable information. They exhibit respect for self, others, and the environment.

### Knowledge and Skills

- 1.1 The student will identify the basic components and functions of the systems of the human body. Key concepts/skills include
  - a) body structures (e.g., abdomen, chest, head) and organs (e.g., heart, brain, lungs, stomach);
  - b) the principles of correct posture;
  - c) the interconnection of all body systems (e.g., cardiovascular, digestive, immune, muscular, nervous, skeletal, respiratory).
- 1.2 The student will explain that good health is related to health-promoting decisions. Key concepts/skills include
  - a) personal hygiene, including care of one's teeth;
  - b) personal safety behaviors;
  - c) the harmful effects of misusing medicines and drugs;
  - d) sleep habits;
  - e) physical activity and healthy entertainment;
  - f) proper nutrition.
- 1.3 The student will explain the need for specific rules and practices to promote personal safety and injury-free situations. Key concepts/skills include
  - a) bus and automobile safety;
  - b) pedestrian safety;
  - c) playground safety;
  - d) fire safety;
  - e) home safety;
  - f) Internet safety;
  - g) water safety;
  - h) bicycle, in-line skating, skateboard, scooter, and other self-propelled-vehicle safety;
  - i) the need for protective gear.
- 1.4 The student will demonstrate healthy mental and emotional development. Key concepts/skills include
  - a) cooperation with others;
  - b) adaptation to change;
  - c) expression of ideas and thoughts to create positive relationships;
  - d) the differences between positive and negative emotions.

### Information Access and Use

- 1.5 The student will identify the health care providers and agencies that influence personal health. Key concepts/skills include
  - a) the role of community health care professionals;
  - b) the purpose of community health care agencies.

## **Community Health and Wellness**

- 1.6 The student will demonstrate responsible personal and social behaviors in the school and community. Key concepts/skills include
- a) cooperative behavior;
  - b) respect for others;
  - c) adherence to school rules;
  - d) acceptance of responsibility;
  - e) respect for the property of others.
- 1.7 The student will explain that his/her personal decisions help contribute to a healthy environment. Key concepts/skills include
- a) the proper disposal of trash;
  - b) the benefits of recycling;
  - c) the prevention of water pollution;
  - d) the effects of pollution on drinking water and marine life;
  - e) water conservation.