

1st Grade NSES

Personal Health (1)

Overall Unit Goal: *Students will understand the importance of maintaining a high level of personal wellness and hygiene.*

P1-1-1 Identify responsible ways to take good care of one's body.

P1-1-2 Describe how exercise keeps all body systems healthy and strong.

P1-1-3 Define what it means to be "physically fit."

P1-1-4 Identify body parts and functions including the five senses, brain, lungs, heart, teeth, bones, ears, mouth, and skin.

P1-4-1 Discover your own bodies uniqueness and your own special talents.

P1-6-1 Predict what might happen if you don't take care of your body.

Nutrition (1)

Overall Unit Goal: *Students will understand the relationship between nutrition and physical health.*

N1-1-1 Define the words fuel and energy and tell how food is transformed into energy.

N1-1-2 Explain the reasons it is important to be responsible in choosing healthful food.

N1-1-3 Describe how the body digests food.

N1-1-4 Compare eating habits that are safe to those that are risky or harmful.

N1-4-1 Identify indicators of good nutrition during childhood.

Mental & Emotional Health (1)

Overall Unit Goal: *Students will understand how to express their emotions in a healthy way.*

M1-1-1 Recognize situations that can evoke emotions.

M1-1-2 Explain a variety of feelings and recognize the verbal and non-verbal cues associated with each.

M1-1-3 Define the word "communication."

M1-1-4 Differentiate between healthy and unhealthy ways to respond to conflict.

M1-2-1 Identify trusted adults to help you deal with your feelings.

M1-5-1 Demonstrate healthy ways to express needs, wants, and feelings.

M1-5-2 Discover the value of good communication skills.

Substance Use & Abuse Prevention (1)

Overall Unit Goal: *Students will understand the dangers of misusing medicine and using drugs.*

S1-1-1 Identify the meaning of the words "medicines" and "drugs."

S1-1-2 Explain how medicines help the body.

S1-1-3 Identify responsible use of medicines.

S1-5-1 Demonstrate the ability to use refusal skills. (E.g.- avoiding drugs, misuse of medicines)

Disease Control & Prevention (1)

Overall Unit Goal: *Students will recognize factors which contribute to getting sick and*

D1-1-1 Identify signs of illness.

D1-1-2 Identify things you can do which help you get better when you are sick.

D1-1-3 Describe how basic functions and systems of the body fight illness.

D1-2-1 Identify people you can tell when you do not feel well.

D1-3-1 Practice ways to keep germs from spreading.

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Sexuality & Family Life (1)

Overall Unit Goal: *Students will understand what an appropriate touch is.*

S1-1-1 Define the word private and identify private parts of your body.

S1-1-2 Analyze the difference between safe, unsafe, and confusing touches.

S1-3-1 Practice refusal skills when someone does not respect your privacy.

Injury Prevention (1)

Overall Unit Goal: *Students will understand how and why accidents happen and strategies*

I1-1-1 Define and identify careless and careful behavior.

I1-1-2 Predict consequences of careless behavior.

I1-3-1 Practice protecting the body from harm by learning various safety routines.

Community Health (1)

Overall Unit Goal: *Students will know how to get help when they are in the community.*

C1-2-1 Identify community safety helpers and how to ask for help.