



District Curriculum Maps

District Curriculum Maps

Health - Grade 1

Health - Grade 1

My Senses

- ✘ EXPLAIN THE DIFFERENCE BETWEEN LIVING AND NONLIVING THINGS
- ✘ CLASSIFY THINGS AS LIVING OR NONLIVING
- ✘ DESCRIBE WAYS IN WHICH PEOPLE USE THEIR SENSES
- ✘ RECOGNIZE THAT LIVING THINGS GROW
- ✘ DESCRIBE WAYS IN WHICH PEOPLE GROW

Content Standards

- Topic, theme, or concept
 - ✓ BENCHMARK SKILL-A GRADE OR COURSE LEVEL EXPECTATION THAT ALIGNS WITH THE DISTRICT-WIDE ASSESSMENTS
 - ✓ Critical Skill-A skill on which a teacher spends a significant amount of time but may not be covered on a district-wide assessment.



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Caring for My Teeth

- ✘ DESCRIBE THE BASIC FUNCTIONS OF TEETH
- ✘ DIFFERENTIATE BETWEEN TEETH USED FOR BITING AND TEETH USED FOR CHEWING
- ✘ DEMONSTRATE AWARENESS OF PROPER BRUSHING TECHNIQUE
- ✘ RECOGNIZE THE IMPORTANCE OF FLOSSING TO MAINTAIN DENTAL HEALTH
- ✘ DEMONSTRATE AWARENESS OF PROPER FLOSSING TECHNIQUES (WITH ADULT ASSISTANCE)
- ✘ REVIEW THE PROPER FUNCTION OF TEETH
- ✘ EXPLAIN SAFE ALTERNATIVES TO BEHAVIORS THAT ARE UNSAFE AND DAMAGING TO TEETH
- ✘ RECOGNIZE THE IMPORTANCE OF REGULAR DENTAL CARE
- ✘ IDENTIFY WHAT A DENTIST DOES
- ✘ IDENTIFY WHAT A DENTAL HYGIENIST DOES
- ✓ Explain that people have two sets of teeth during their lives
- ✓ Recognize the process of losing baby teeth
- ✓ Recognize the importance of keeping teeth clean to maintain dental health
- ✓ Identify steps for making decisions
- ✓ Apply the decision-making process to choices about caring for teeth

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Taking Care of My Body

- ✘ LIST FIVE WAYS TO STAY CLEAN
- ✘ IDENTIFY SUNBURN
- ✘ LIST WAYS TO PROTECT THE SKIN FROM SUNBURN
- ✘ IDENTIFY BENEFITS OF GOOD POSTURE
- ✘ DEMONSTRATE GOOD POSTURE WHEN STANDING, WALKING, AND SITTING
- ✓ Explain how staying clean helps fight germs
- ✓ List four things sleep does for the body

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Food for Health

- ✘ IDENTIFY THE FOOD GROUPS ON THE FOOD GUIDE PYRAMID
- ✘ COMPARE HOW MUCH OF THE PYRAMID EACH GROUP TAKES
- ✘ NAME EXAMPLES OF FOODS FROM EACH FOOD GROUP
- ✘ DISCUSS THE ADVANTAGES OF TRYING A VARIETY OF FOODS
- ✘ IDENTIFY BREAKFAST, LUNCH, AND DINNER AS MEALS MANY PEOPLE EAT EACH DAY
- ✘ RECOGNIZE THE IMPORTANCE OF EATING BREAKFAST TO START THE DAY
- ✘ IDENTIFY THE STEPS IN THE DECISION-MAKING PROCESS
- ✘ APPLY THE DECISION-MAKING PROCESS TO MAKING HEALTHFUL FOOD CHOICES
- ✘ IDENTIFY HEALTHFUL SNACKS
- ✘ EXPLAIN THAT HEALTHFUL SNACKS ARE LOW IN FAT, SALT, AND SUGAR

Staying Well

- ✘ IDENTIFY STEPS FOR COMMUNICATING
- ✘ APPLY COMMUNICATION SKILLS IN TIMES OF ILLNESS
- ✘ IDENTIFY GERMS AS A CAUSE OF DISEASE
- ✘ LIST WAYS TO LIMIT THE SPREAD OF GERMS
- ✘ IDENTIFY COLDS AS A COMMON CHILDHOOD ILLNESS
- ✘ DEMONSTRATE AWARENESS OF THE SIGNS OF A COLD
- ✘ IDENTIFY WAYS TO STAY HEALTHY

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Keeping Safe

- ✘ RECOGNIZE THE IMPORTANCE OF WEARING SAFETY BELTS
- ✘ IDENTIFY COMMON HOUSEHOLD HAZARDS
- ✘ EXPLAIN TECHNIQUES FOR RECOGNIZING AND RESPONDING TO AN EMERGENCY
- ✘ IDENTIFY COMMON FIRE HAZARDS
- ✘ REVIEW SKILLS FOR REFUSAL
- ✘ APPLY REFUSAL SKILLS TO MAINTAIN PERSONAL SAFETY
- ✘ IDENTIFY COMMON SAFETY PROBLEMS AT SCHOOL
- ✘ EXPLAIN SAFE TECHNIQUES FOR USING PLAYGROUND EQUIPMENT
- ✘ EXPLAIN WHAT IT MEANS TO TAKE RESPONSIBILITY FOR SAFETY
- ✘ EXPLAIN SAFE TECHNIQUES FOR RIDING A BUS
- ✓ Explain safe techniques for crossing streets
- ✓ Explain safe practices for riding in a car
- ✓ Explain how to react in a fire emergency
- ✓ Describe what a stranger is
- ✓ Explain techniques for avoiding danger when dealing with strangers

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