

Grade 1

Adopted 2021

First Grade (17.00200)

1. Comprehend concepts related to health promotion and disease prevention to enhance health. HE1.1

- a. Identify how healthy behaviors impact personal health and wellness. HE1.1.A
 - b. Identify ways to prevent the spreading of germs and communicable diseases. HE1.1.B
 - c. Recognize potentially harmful substances. HE1.1.C
 - d. Identify appropriate ways to express and deal with emotions and feelings. HE1.1.D
 - e. Identify and describe situations that could cause injury. HE1.1.E
 - f. Identify the importance of respecting the personal space and boundaries of others. HE1.1.F
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2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. HE1.2

- a. Identify how family, peers, and cultural factors influence personal health and well-being. HE1.2.A
 - b. Identify what the school can do to support personal health practices. HE1.2.B
 - c. Explain how media and technology may influence health-related behaviors. HE1.2.C
 - d. Identify internal factors that affect personal health. HE1.2.D
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3. Demonstrate the ability to access valid information and products and services to enhance health. HE1.3

- a. List the roles and responsibilities of professionals who assist with enhancing health and well-being. HE1.3.A
 - b. Identify specific health professionals in the school and community. HE1.3.B
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4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. HE1.4

- a. Recognize ways to respond when in an unwanted, threatening, or dangerous situation. HE1.4.A
- b. Discuss ways to tell a trusted adult if threatened or harmed. HE1.4.B

5. Demonstrate the ability to use decision-making skills to enhance health. HE1.5

- a. Identify and describe opportunities to enhance personal health and well-being. HE1.5.A
- b. Identify people who can help solve problems and make decisions. HE1.5.B

6. Demonstrate the ability to use goal-setting skills to enhance health. HE1.6

- a. Identify actions needed to achieve a short-term personal health goal. HE1.6.A
- b. Identify individuals other than your family who can assist you in achieving health goals. HE1.6.B

7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. HE1.7

- a. Practice behaviors to enhance personal health and wellness. HE1.7.A
- b. Model behaviors that reduce health risks. HE1.7.B

8. Demonstrate the ability to advocate for personal, family, and community health. HE1.8

- a. Seek assistance or make requests to promote personal health and wellbeing. HE1.8.A
- b. Encourage peers to make positive health choices. HE1.8.B