

Grade 1 Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: Eric_Bishop@hcpss.org, Coordinator or Tempe_Beall@hcpss.org, Instructional Facilitator.

Quarter 1 - Social & Emotional Health

Lesson 1: Feelings

- Identify appropriate ways to express and deal with feelings.
- Explain the relationship between feelings and behavior.
- Explain the importance of talking with family and other trusted adults about feelings.

Lesson 2: Belonging

- Identify the benefits of healthy family relationships.
- Identify the benefits of healthy peer relationships.

Lesson 3: Families

- Describe differences in families.
- Identify the benefits of healthy family relationships.
- Identify how family influences personal health

Lesson 4: Friendships

- Describe at least three characteristics of a friend.
- Identify at least two healthy ways for friends to express feelings with each other.

Lesson 5: Teasing & Bullying

- Identify why it is hurtful to tease or bully others
- Identify ways to treat people with dignity and respect
- Define the terms “bullying” and “teasing.”
- Describe at least two differences between bullying and teasing.
- Provide at least two reasons why bullying and teasing are wrong to do

Lesson 6: Stop Bullying

- Demonstrate how to respond effectively if they are being bullied.
- Name at least 2 adults they can go to if they are being bullied in order to make it stop.

Quarter 2 - Violence Prevention

Lesson 1: Being Safe

- Practice actions that help one to stay safe around people
- Identify and access adults who can help children.

Lesson 2: Getting Help Being Safe

- Identify and access adults who can help children.
- Explain the importance of sharing all information with parents/guardians/trusted adults.
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

Lesson 3: My Space, Your Space

- Demonstrate refusal skills and other ways to take action if someone is making you feel uncomfortable, unsafe, or disrespected.
- Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face to-face.
- Explain that everyone has the right to tell others not to touch their body when they do not want to be touched and to have those boundaries respected by others.

Lesson 4: Body Safety 1

- Identify parts of the body that are private on self or others.
- Identify and access adults who can help children.
- Analyze age-appropriate privacy as well as setting and respecting healthy boundaries online and face to-face.
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

Lesson 5: Body Safety 2

- Explain the difference between secrets and surprises.
- Identify and access adults who can help children.
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

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Quarter 3 - Injury Prevention

Lesson 1: Safety Rules

- Identify safety hazards in home and community
- Apply safety rules for preventing injuries

Lesson 2: Safety On Wheels

- Identify safety hazards in the community (vehicle and transportation safety)
- Identify safety rules to prevent injuries

Lesson 3: Water Safety

- Identify safety hazards in the community.
- Identify rules for water and weather safety

Lesson 4: Medicine/Poison Safety

- Describe how products can be harmful if inhaled, absorbed, or ingested.
- Explain the harmful effects of medicine when used incorrectly.
- Describe how to use medicine safely.
- Identify rules for medicine and poison safety

Lesson 5: Fire Safety

- Identify fire safety rules
- Identify ways to reduce injuries from fire

Lesson 6: Emergencies

- Explain what to do in an emergency

Quarter 4 - Personal Health & Disease Prevention

Lesson 1: Healthy Habits

- Describe healthy practices and behaviors to maintain or improve personal health including brushing/flossing teeth and preventing harmful effects of the sun.

Lesson 2: Eating For Health

- Summarize signals that a person is hungry and full.
- Identify eating patterns (including eating breakfast) that provide energy and help the body grow, develop and perform different jobs.
- Describe the benefits of trying new foods and the importance of respecting the food choices of others.

Lesson 3: Food Groups

- Identify nutritious choices from each food group.
- Identify the benefits of drinking water.
- Define the concept of moderation and the idea that “all foods fit.”

Lesson 4: Preventing Illness

- Identify why hygiene is important to health.
- Describe the importance of handwashing and covering a cough or sneeze to prevent the spread of germs.
- Identify food safety practices.
- Demonstrate a variety of behaviors that avoid or reduce health risks.