

First Grade Health – 2014 – Year at a Glance

Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>GBS (1) Look Out L1. Look Out L2. Be Careful When You Play L3. Fire Can Hurt You (optional) L4. Who Knows the Rules</p> <p>GBS (6) Happy, Sad, and In Between L1. We Have Many Feelings L2. Talking Helps Me Feel Better L3. Cool Dude Gets Mad L4. My Body is Private*</p> <p>*Required</p> <p>Common Sense Media Screen Out the Mean</p>	<p>GBS (2) Head To Toe L1. Head to Toe L2. Blood Goes Around and Around</p> <p>GBS (3) Why Do We Eat L1. Why Do We Eat L2. Food in Your Body L3. What is Healthful Food L4. Which Foods to Choose</p> <p>GBS (9) How I Breathe L1. How I Breathe L2. Don’t Hurt Your Lungs L3. Runny Nose, Stuffy Nose L4. Breathing Faster, Breathing Slower</p>	<p>GBS (4) All About Medicines L1. All About Medicines L2. Who Can Give Medicine L3. What Does Medicine Do L4. Medicine Can Mean Trouble</p> <p>GBS (5) Talk and Listen L1. How Do We Talk? How Do We Listen? L2. We Talk and Listen L3. People Talk in Many Ways L4. Tell How You Feel</p>	<p>GBS (7) Drugs Are Trouble L1. What Are Drugs L2. No Smoking, Please L3. Drinking Hurts Your Thinking L4. Safe and Strong</p> <p>GBS (8) Get Well Soon L1. Getting Sick L2. Germs L3. Getting Better L4. Do Not Share Your Germs</p>