

KPBSD Revised 2014

First Grade Health Curriculum

Quarter 1- Unit 1 Safety, Family, and Social Health	Great Body Shop/Common Sense Media														
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Everyone has the responsibility and the right to be safe. - Being safe helps our minds and bodies stay healthy. - Every person is unique, important, and deserves respect. <p>Essential Questions:</p> <ul style="list-style-type: none"> - How can I keep myself and others safe? - How do I show respect to myself and others? - How do I know if I'm being bullied? - Who are the responsible adults that I know and who can help me when I am in need? <p>Skills:</p> <ul style="list-style-type: none"> - I can define and recognize bullying behavior. - I can identify responsible adults and know how to communicate with them for safety in my home, school, and community. - I can demonstrate awareness of personal space and respect the boundaries of myself and others through words and actions. - I can say "no" to unsafe behavior (i.e. touch). <p>Standards: <i>CDC: 4,5,7,8</i> <i>AK Health: A, B,C,D</i> <i>Alaska ELA Standards: 1.RL.3,6,10; 1.RI.1,4,5; 1.W.1,2,3; 1.SL.1,3,</i></p>	<p>Class rules, responsibilities – (PBIS)</p> <p>GBS (1) Look Out</p> <p>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</p> <p>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 <u>Screen Out the Mean</u></p> <p>Essential Vocabulary</p> <table border="0"> <tr> <td>Careful</td> <td>Internet</td> </tr> <tr> <td>Careless</td> <td>Online</td> </tr> <tr> <td>Community</td> <td>Predicting</td> </tr> <tr> <td>Community helper</td> <td>Private (parts)</td> </tr> <tr> <td>Exit</td> <td>Safe touch</td> </tr> <tr> <td>Drill</td> <td>Unsafe touch</td> </tr> <tr> <td>Confusing</td> <td></td> </tr> </table> <p>Assessment: Performance Assessment (GBS 1)</p>	Careful	Internet	Careless	Online	Community	Predicting	Community helper	Private (parts)	Exit	Safe touch	Drill	Unsafe touch	Confusing	
Careful	Internet														
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Unit 2 Nutrition, Growth, Hygiene, and Fitness	Great Body Shop/Common Sense Media																		
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Our bodies are comprised of a series of organs that work in systems. - Our bodies require oxygen, water, and nutrition to function. - Daily activity is essential to our health. <p>Essential Questions:</p> <ul style="list-style-type: none"> - How do healthy behaviors affect the parts of my body? - What is the proper fuel for my body so it performs at its best? <p>Skills:</p> <ul style="list-style-type: none"> - I can describe what my body needs to function at its best (good nutrition and water). - I can identify the basic food groups (grains, vegetables, fruits, milk, meat/beans). - I can identify different parts of my body (heart, lungs, bone, teeth, skull, etc...). - I can explain the importance of daily physical activity and how it affects my body. <p>Standards: <i>CDC: 4,5,6,7,8</i> <i>AK Health: A, B,C</i> <i>Alaska ELA Standards: 1.RL.3,6,10; 1.RI.1,4,5; 1.W.1,2,3; 1.SL.1,3,5</i></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>Essential Vocabulary</p> <table border="0"> <tr> <td>Food</td> <td>Oxygen</td> <td>Organ</td> </tr> <tr> <td>Fuel</td> <td>Lungs</td> <td>Muscle</td> </tr> <tr> <td>Energy</td> <td>Asthma</td> <td>Senses</td> </tr> <tr> <td>Waste</td> <td>Heart</td> <td>Bloodstream</td> </tr> <tr> <td>Digestion</td> <td>Bone</td> <td>Stomach</td> </tr> <tr> <td>Nutrients</td> <td>Allergy</td> <td>Blood</td> </tr> </table> <p>Assessment: Performance Assessment (GBS 2, 3 and 9)</p>	Food	Oxygen	Organ	Fuel	Lungs	Muscle	Energy	Asthma	Senses	Waste	Heart	Bloodstream	Digestion	Bone	Stomach	Nutrients	Allergy	Blood
Food	Oxygen	Organ																	
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Unit 3 Community and Environmental Health	Great Body Shop/Common Sense Media												
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Visits from health care providers can help us stay strong and healthy (or help us get better if we don't feel well). - Outside factors can influence our health. - Computers and other digital devices can be used safely with trusted adult supervision. <p>Essential Questions:</p> <ul style="list-style-type: none"> - What are outside factors that influence our health (i.e. advertising, commercials)? - How do health care providers help me stay healthy? - Who can help me use technology safely? <p>Skills:</p> <ul style="list-style-type: none"> - I can identify health care providers who can help me stay healthy. - I can identify outside factors that influence my health. - I can identify a responsible adult to help me use technology safely. <p>Standards: <i>CDC: 1,3,5,7,8</i> <i>AK Health: A,B,C,D</i> <i>Alaska ELA Standards: 1.RL.3,6,10; 1.RI.1,4,5; 1.W.1,2,3; 1.SL.1,3,5</i></p>	<p>GBS (4) All About Medicines</p> <ul style="list-style-type: none"> L1. All About Medicines L2. Who Can Give Medicine L3. What Does Medicine Do L4. Medicine Can Mean Trouble <p>GBS (5) Talk and Listen</p> <ul style="list-style-type: none"> 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>Essential Vocabulary</p> <table border="0"> <tr> <td>Medicine (prescription)</td> <td>Tongue</td> </tr> <tr> <td>Pharmacist</td> <td>Teeth</td> </tr> <tr> <td>Thermometer</td> <td>Ear</td> </tr> <tr> <td>Microscope</td> <td>Lips</td> </tr> <tr> <td>Germ</td> <td>Voice Box</td> </tr> <tr> <td>Brain</td> <td>Trustworthy</td> </tr> </table> <p>Common Sense Media Staying Safe Online</p> <p>Assessment: Performance Assessment (GBS 4 and 5)</p>	Medicine (prescription)	Tongue	Pharmacist	Teeth	Thermometer	Ear	Microscope	Lips	Germ	Voice Box	Brain	Trustworthy
Medicine (prescription)	Tongue												
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Unit 4 Injury, Disease Prevention, and Community Awareness	Great Body Shop/Common Sense Media												
<p>Big Ideas:</p> <ul style="list-style-type: none"> - Making healthy choices helps to avoid unsafe situations. - We can stay healthy by practicing disease prevention. - Critical thinking helps us to make responsible choices for ourselves. <p>Essential Questions:</p> <ul style="list-style-type: none"> - How do I identify and avoid unsafe situations? - What is a disease and how can I prevent the spread of disease? - How can decision-making help to make healthy and safe choices? <p>Skills:</p> <ul style="list-style-type: none"> - I can describe the connection between personal choices and the positive and negative consequences that follow. - I can define disease and recognize how germs are spread. - I can identify unsafe situations. - I can demonstrate appropriate safety skills by following adult directions. <p>Standards: <i>CDC: 2,5,6,7,8</i> <i>AK Health: A,B,C,D</i> <i>Alaska ELA Standards: 1.RL.3,6,10; 1.RI.1,4,5; 1.W.1,2,3; 1.SL.1,3,5</i></p>	<p>GBS (7) Drugs Are Trouble</p> <ul style="list-style-type: none"> L1. What Are Drugs L2. No Smoking, Please L3. Drinking Hurts Your Thinking L4. Safe and Strong <p>GBS (8) Get Well Soon</p> <ul style="list-style-type: none"> L1. Getting Sick L2. Germs L3. Getting Better L4. Do Not Share Your Germs <p>Essential Vocabulary</p> <table border="0"> <tr> <td>Drug</td> <td>Germ</td> </tr> <tr> <td>Nicotine</td> <td>Communicable</td> </tr> <tr> <td>Illegal</td> <td>Alcohol</td> </tr> <tr> <td>Addicted</td> <td>Tobacco</td> </tr> <tr> <td>Trachea</td> <td>Cilia</td> </tr> <tr> <td>Choice</td> <td>Consequence</td> </tr> </table> <p>Assessment: Performance Assessment (GBS 7 and 8)</p>	Drug	Germ	Nicotine	Communicable	Illegal	Alcohol	Addicted	Tobacco	Trachea	Cilia	Choice	Consequence
Drug	Germ												
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