

Health (1)

Physical Education and Health

Grade(s) 1st, Duration 1 Year
Required Course

Course Overview

Students will master basic health concepts and develop skills in physical education. Health instruction is provided by the classroom teacher.

Scope And Sequence

Timeframe	Unit	Instructional Topics
5 Day(s)	Disease Prevention	1. Germs 2. Healthy practices
5 Day(s)	Harmful Drugs	1. Alcohol and Tobacco 2. Drugs and the Law
7 Day(s)	Growth and Nutrition	1. Your Body Grows 2. Nutrition
7 Day(s)	Hygiene and Fitness	1. Hygiene and Personal Health

Materials and Resources

Health:McMillan McGraw-Hill, [Health and Wellness](#)

Prerequisites

None

Course Details

Unit: Disease Prevention

Duration: 5 Day(s)

Unit Overview

Students will learn about germs, and about the importance of healthy eating habits in preventing "lifestyle" diseases.

Materials and Resources

Unit D: Drugs and Disease Prevention

Academic Vocabulary

germ, diabetes, cancer, stress, sunscreen

Summative Assessment

Test

Topic: Germs

Duration: 3 Day(s)

Topic Overview

Students will learn the role of germs in diseases.

Learning Targets

What are germs?

How Germs Spread

Are you sick?

Topic: Healthy practices

Duration: 2 Day(s)

Topic Overview

Students will learn healthy practices to reduce the likelihood of developing diseases related to choices.

Learning Targets

Eat for Health

Staying Healthy

Unit: Harmful Drugs

Duration: 5 Day(s)

Health (1)

Physical Education and Health

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Unit Overview

Students will learn about the health effects of alcohol and tobacco, and about the importance of staying drug-free.

Materials and Resources

Unit D: Drugs and Disease Prevention

Academic Vocabulary

alcohol, drug, tobacco, second-hand smoke, law, marijuana, drug-free

Summative Assessment

Test and projects

Topic: Alcohol and Tobacco

Duration: 2 Day(s)

Topic Overview

Students will learn about the physical harm caused by using alcohol and tobacco.

Learning Targets

Alcohol

Alcohol harms health.

Tobacco

Tobacco harms health.

Topic: Drugs and the Law

Duration: 3 Day(s)

Topic Overview

Students will learn about illegal drug use, and will pledge to stay drug-free.

Learning Targets

Drugs and the Law

Illegal drugs

Stay Drug-Free

Students will explore the benefits of staying drug-free.

Unit: Growth and Nutrition

Duration: 7 Day(s)

Unit Overview

Students will learn about the basic parts of their bodies, the five senses, and the importance of a balanced diet to promote growth.

Materials and Resources

Unit B: Growth and Nutrition

Academic Vocabulary

senses, bones, exercise, muscles, diet, food group, "My Plate", snacks

Summative Assessment

Test

Topic: Your Body Grows

Duration: 4 Day(s)

Topic Overview

Students will learn about the five senses, bones and muscles, and basic body parts.

Learning Targets

Using Your Five Senses

Students will learn about the senses and how they are used.

Bones and Muscles

Students will learn about the bones and muscles that allow them to move.

Parts of the Body

Students will learn about and label basic body parts.

Topic: Nutrition

Duration: 3 Day(s)

Health (1)

Physical Education and Health

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Topic Overview

Students will learn the basics of good nutrition, and will explore ways to make healthy choices in eating.

Learning Targets

Eat Well

Students will explore healthy foods they enjoy.

Food Groups

Students will learn about the USDA food groups and will classify favorite foods.

Healthful Snacks

Students will discuss the need to choose snacks which have nutritional value.

Unit: Hygiene and Fitness

Duration: 7 Day(s)

Unit Overview

Students will focus on dental health and physical fitness practices.

Materials and Resources

Unit C: Personal Health and Safety

Academic Vocabulary

checkup, cavity, dentist, floss, cooldown, warm-up, fit

Summative Assessment

Test, teacher observation

Topic: Hygiene and Personal Health

Duration: 7 Day(s)

Topic Overview

Students will focus on dental health and exercise as ways to maximize their health.

Learning Targets

Your Teeth

Students will learn about their teeth and the best ways to prevent decay.

Exercise and Fitness

Students will learn about the importance of physical fitness, and will explore ways to incorporate movement into their daily routines.
