

Elementary Health Curriculum Scope and Sequence First Grade

Personal and Mental Health – NHES 4

1. Introduction
2. Valuing Personal Health
 - a. Exploring health as a value
 - b. Rhyming poem
 - c. Healthy and you know it song
3. Promoting Self-Esteem
 - a. Quick as a Cricket
 - b. Tree of good deeds
4. Cooperating and Sharing
 - a. B Bears and Messy Room
 - b. Sharing and cooperation
 - c. **Role play: assessment**
5. Expressing Feelings
 - a. Happy feelings
 - b. Expression through music
 - c. When I Feel Angry
 - d. **Different Feelings: assessment**

Family Life

1. Importance of Family
 - a. Riddle
 - b. The meaning of family
 - c. Herbie's Special Family
2. Family Responsibilities/Family Heritage
 - a. Family gathering
 - b. **Caring adult family members: assessment**
3. Resolving Conflict
 - a. B Bears get in a fight
 - b. Steps to resolve conflict
 - c. **Role play (in groups or pairs with assigned scenarios): assessment**
4. Respect for Others
 - a. Friends book
 - b. Respecting differences
 - c. A cooperation game

Growth and Development

1. The Amazing Human Body – Part 1
 - a. Head shoulders knees toes
 - b. Major organs
 - c. **Assessment: identifying organs on worksheet**
2. The Amazing Human Body – Part 2
 - a. My five senses
 - b. **Senses game - assessment**

3. Personal Growth and Hygiene
 - a. I Am Growing –
 - b. Hygiene
 - c. Personal Hygiene crossword
 - d. Healthy Teeth
4. Stages of the Life Cycle

Disease Prevention

1. Germs – Part 1
 - a. Germs Make Me Sick
 - b. Defining Germs
2. Germs – Part 2
 - a. Where Germs Are Found
 - b. Germ Game
 - c. **Prevention skills role play - assessment**

Drug Prevention – NHES 5

1. What are Drugs?
 - a. Herbie learns about drugs
2. Harmful and Helpful Substances
 - a. **Pictures of substances – assessment**
3. Tobacco Prevention
 - a. Modified student activity 21
4. Alcohol and Other Drugs
 - a. Herbie says no to drugs
 - b. Refusal skills scenarios
5. Decision Making
 - a. 4 steps of decision making
 - b. Page 143 blindfolded bag game
 - c. **Role playing steps of decision making - assessment**
6. Remaining Drug Free
 - a. B Bears and the double dare

Nutrition and Fitness

1. Taking Care of Our Wonderful Bodies
 - a. B Bears and too much junk
 - b. Moderation
2. Healthy Foods
 - a. Sources of food matching (modified student activity 11)
 - b. List foods from various sources
 - c. Food groups
3. Making Healthy Choices
 - a. MyPlate
 - b. **Making own plate – assessment**
4. Fitness
 - a. Stations
 - b. Book about why fitness is important

Safety and Injury Prevention – NHES 3

- 1.** Good and Bad Touch
 - a.** Personal Space
 - b.** Recognizing bad touch
 - c.** Stop, Run, Tell someone
 - d.** Resources for help and advice
- 2.** Personal Safety – Part 1
 - a.** Safety vocabulary
 - b.** Street safety
- 3.** Personal Safety – Part 2
 - a.** Rules of the Road Toads
 - b.** Emergency Information
 - c.** Neighborhood Safety
- 4.** Fire Safety
 - a.** Fire safety rules
 - b.** Emergency drills
 - c.** Acting and puppeteering
- 5.** Outdoor Safety
 - a.** Bike Safety Rules
 - b.** Water Safety Rules