

## Health Curriculum First Grade

	Grade Level Expectations	Lessons
EALR 1.0	Demonstrates mature form in locomotor patterns and selected manipulative and non-locomotor skills	Covered by PE teacher
	Understands and applies safety rules and procedures in a variety of physical activities	Covered by PE teacher
	Understands the basis vocabulary and concepts of physical fitness	Covered by PE teacher
EALR 1.0	Understands the connection between nutrition and physical well-being	<u>Eating Smart, 1: The Food Groups</u> (2 days) <u>Eating Smart, 2: What Foods Do</u> (1 Day) <u>Food Smarts: MyPyramid for Kids</u> (26:16) <u>Everybody Needs Food</u> (19:00)
EALR 2.0	Understand the basic structure and function of human body systems	(4-5 days) <u>All Fit with Slim Goodbody: Fitness</u> (15:00) <u>All Fit with Slim Goodbody: Body Design</u> (15:00) <u>Mighty Me Training Camp</u> (36:12) <u>Magic School Bus Works Out, The</u> (26:28) <u>Magic School Bus for Lunch, The</u> (28:47) Pulse of Life <a href="http://www.smm.org/heart/lessons/lesson1.htm">http://www.smm.org/heart/lessons/lesson1.htm</a> Ins and Outs of Respiration <a href="http://www.smm.org/heart/lessons/lesson8.htm">http://www.smm.org/heart/lessons/lesson8.htm</a> What is Smoking? <a href="http://www.americanheart.org/presenter.jhtml?identifier=3003106">http://www.americanheart.org/presenter.jhtml?identifier=3003106</a> Reference: Use for other items such as songs, worksheets and poems <a href="http://www.americanheart.org/presenter.jhtml?identifier=3003400">http://www.americanheart.org/presenter.jhtml?identifier=3003400</a>
EALR 2.0	Understand how to prevent or reduce the risk of contracting a Communicable Disease	<u>Cleaning Up</u> (1 day) <u>Safe at Home</u> (1 day) <u>Smile Guide, The: Dental Care for Children: Age 3-12</u> (13:00)
EALR 2.0	Understand one's right to personal and physical safety	<u>People I Trust</u> (1 day)
	Understand what are abusive or risky situations and how to avoid them	<u>Strangers</u> (1 day) <u>What We Learned About Bullying (A Sunburst Title)</u> (15:00)

	Knows appropriate sources of help in emergency and non-emergency situations	<u>Fire at School</u> (1 day) <u>Where to Get Answers to the Big Questions</u> (1 day)
	Understand the physical and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances.	<u>Lesson 1: Frog Tells his Story</u> (1 day) <u>Lesson 12: Problems Get Bigger</u> (1 day) <u>Lesson 13: Tippy's New Collar</u> (1 day) <u>Lesson 14: Frog's Messages</u> (1 day) <u>Lesson 15: Plenty to Do</u> (1 day) <u>Lesson 16: Frog's Farewell</u> (1 day) <u>Drugs and Alcohol Series for Children: Alcohol: It's Not for Me</u> (8:00) <u>Drugs and Alcohol Series for Children: Happy, Healthy, Drug-Free Me: Part One</u> (10:00) <u>Drugs and Alcohol Series for Children: Happy, Healthy, Drug-Free Me: Part Two</u> (10:00)
EALR 3.0	Understand how different environmental factors affect health.	<u>Junior Environmental Scientist: Air: Pollution and Solutions</u> (13:04) <u>Junior Environmental Scientist: Water: Pollution and Solutions</u> (12:17)
EALR 3.0	Understand reliable sources of health information	Reference <i>Great Body Shop</i> <u>Drugs are Dumb</u> (March)
	Understand how media provides information related to safe or unsafe behaviors that impact overall health	<u>Shopping Smart, 1: Junk Ads</u> (2 days) <u>Contributors: Lesson 3, Messages from Media</u> (2 days)
	Understand health enhancing behaviors and risk reduction	<u>Cold and Stormy</u> (1 day) <u>Safe at Home</u> (1 day)
EALR 3.0	Express emotions appropriately to form safe and respectful relationships	<u>The Feelings Party</u> (1 day) <u>Being Courteous to Avoid Conflict</u> (1 day)
	Recognize social skills to keep out of trouble and resist pressure from others	<u>Lesson 14: Frog's Messages</u> (1 day) <u>Contributors: Lesson 4, Messages from People</u> (1 day) <u>It's Okay to Say No! (A Sunburst Title)</u> (14:00)
EALR 3.0	Recognize a variety of emotions and how they affect self and others and develop strategies about how to act in emotional situations.	2 <sup>nd</sup> Step Curriculum

EALR 4.0	Understand the relationship between home activities and health and fitness	Covered by PE teacher
	Understands the relationship between fitness testing and goal setting	Covered by PE teacher