

**HEALTH**  
1<sup>st</sup> Grade

RE-1 Standard 1: The student will comprehend concepts related to health promotion and disease prevention.

<b>BENCHMARK</b>	<b>WHO IS ACCOUNTABLE</b>	<b>LESSON PLAN RESOURCES</b>	
1.1 Describe relationship the between personal health behaviors and individual well-being.	Class P.E. Teacher	BODY CHANGE FIT OUNCE	RIGHT SAFETY SKILL SMILE
1.2 Identify indicators of mental, emotional, social and physical health during childhood.	Class P.E. Teacher	BODY FIT OUNCE	SKILL SMILE
1.3 Describe the basic structure and function of the human body system.	Class P.E. Teacher	BODY CHANGE	FIT SMILE
1.4 Describe how the family influences personal health.	Class P.E. Teacher	BODY CHANGE CHOOSE CONFLICT	CONSUMER FIT SAFETY SMILE
1.5 Describe how physical, social and emotional environments influence personal health.	Class P.E. Teacher	BODY ENVIRONMENT FIT	RIGHT SAFETY SKILL
1.6 Explain and identify health problems and childhood injuries that can be prevented or treated if detected early.	Class P.E. Teacher	BODY CHOOSE FIT	OUNCE RIGHT SMILE

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors and to reduce health risks.

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2.1 Identify responsible health behaviors.	Class P.E. Teacher	BODY CHOOSE FIT OUNCE	RIGHT SAFETY SKILL SMILE
2.2 Identify personal health needs.	Class P.E. Teacher	BODY FIT	SKILL SMILE
2.3 Demonstrate strategies to improve or maintain personal health.	Class P.E. Teacher	BODY CHANGE CONSUMER FIT	OUNCE RIGHT SKILL SMILE
2.4 Develop injury prevention and management strategies for personal health.	Class P.E. Teacher	BODY CHOOSE FIT OUNCE	RIGHT SAFETY SKILL
2.5 Compare and demonstrate ways to avoid and reduce threatening situations.	Class	CONFLICT RIGHT	SAFETY SKILL
2.6 Apply skills to manage stress.	Class	CHANGE	SKILL

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology and other factors on health.

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3.1 Describe how culture influences personal health behaviors.	Class	CHANGE
3.2 Explain how media influences thought, feelings, and health behaviors.	Class	BODY CHANGE
3.3 Describe ways technology can influence personal health.	Class	CHANGE
3.4 Explain how information from school and family influences health.	Class	BODY CHANGE

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

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4.1 Distinguish between verbal and non-verbal communication.	Class	SKILL	
4.2 Describe characteristics needed to be a responsible friend and family member.	Class	CHOOSE CONSUMER	RIGHT SKILL
4.3 Demonstrate healthy ways to express needs, wants, and feelings.	Class	CONSUMER SKILL	
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	Class P.E. Teacher	BODY CHOOSE ENVIRONMENT FIT	RIGHT SKILL SMILE
4.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Class	SKILL	
4.6 Demonstrate refusal skills to enhance health.	Class	ENVIRONMENT OUNCE	SAFETY SKILL
4.7 Differentiate between negative and positive behaviors used in conflict situations.	Class	SAFETY SKILL	
4.8 Demonstrate non-violent strategies to resolve conflicts	Class	SKILL	

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

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5.1 Demonstrate the ability to apply a decision-making process to health issues and problems	Class P.E. Teacher	BODY CHOOSE CONFLICT CONSUMER ENVIRONMENT	FIT OUNCE SAFETY SKILL SMILE
5.2 Explain when to ask for assistance in making health-related decisions and setting health goals	Class	CHOOSE CONSUMER OUNCE	SAFETY SKILL SMILE
5.3 Predict outcomes of positive health decisions	Class P.E. Teacher	BODY CHOOSE CONFLICT ENVIRONMENT FIT	OUNCE SAFETY SKILL SMILE
5.4 Set a personal health goal and track progress toward its achievement	Class P.E. Teacher	BODY FIT	SKILL SMILE

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RE-1 Standard 6: Students will demonstrate the ability to advocate for personal, family and community health.

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6.1 Describe a variety of methods to convey accurate health information and ideas	Class	RIGHT	
6.2 Express information and opinions about health issues, both emotional and physical	Class P.E. Teacher	BODY ENVIRONMENT	FIT OUNCE
6.3 Identify and locate community agencies that advocate for healthy individuals, families and communities	Class	BODY CHOOSE ENVIRONMENT	OUNCE RIGHT SAFETY
6.4 Demonstrate the ability to influence and support others in making positive health choices	Class	BODY ENVIRONMENT OUNCE	RIGHT SAFETY