

Course Name: Grade 1 - Health

Course #: E8102

Course Proficiencies: The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

Personal Growth and Development

- A. Demonstrate personal hygiene that contributes to keeping a person healthy. 2.3.2.PS.1; 2.3.2.PS.3; 2.3.HCDM.2
- B. Discuss how individuals make their own choices about who they are in comparison to their peers. 2.1.2.SSH.1

Alcohol, Tobacco, and Other Drugs

- A. Identify ways in which drugs, including some medicines, can be harmful. 2.3.2.ATD.2

Social and Emotional Health

- A. Explain how an individual's character is reflected in the thoughts, feelings, and actions of oneself and others. 2.1.2.EH.1; 2.1.2.EH.4
- B. Explain healthy ways to respond to disagreements or conflicts, and to express feelings for and to one another. 2.1.2.SSH.7; 2.1.2.SSH.8
- C. Describe different types of families and note similarities in which they maintain healthy lifestyles. 2.1.SSH.3
- D. Identify the basic social needs of all people. 2.1.2.SSH.5

Health Conditions, Diseases and Medicine

- A. Explain and demonstrate ways to prevent the spread of communicable, and non-communicable diseases and injuries. 2.3.2.HCDM.3

Personal Safety

- A. Discuss and understand personal boundaries and autonomy. 2.3.2.PS.5
- B. Identify the trusted adults whom you can talk to about one's feelings and situations that may be uncomfortable or dangerous. 2.3.2.PS.8; 2.1.2.CHSS.6
- C. Recognize and demonstrate safety strategies to prevent injuries at home, school, and in the community. 2.3.2.PS.4

Community Health Services and Support

- A. Identify community professionals (Doctors, Nurses, Dentists, EMTs, etc.) and school personnel who address health emergencies and provide reliable health information to us. 2.1.2.CHSS.1