

**ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- GRADE ONE**

<p align="center"><b>Course Description</b></p>	
<p><b>Course Description:</b> Students continue to explore the 10 areas of health including: Injury Prevention &amp; Personal Safety, Nutrition, Functions of the Body, Growth &amp; Development, Illness Prevention, Substance Abuse Prevention, Community Health &amp; Safety, Self worth, Mental and Emotional Health, Environmental &amp; Consumer Health and Physical Fitness. Teachers explain, demonstrate and encourage students to recognize and practice healthy behaviors.</p>	
<p align="center"><b>Essential Questions</b></p>	
<ul style="list-style-type: none"> <li>•Why is it important to take care of our body?</li> <li>•Why is exercise and nutrition so important to proper body functions?</li> <li>•Why is good communication so important in everyday life?</li> <li>•What does medicine do?</li> </ul>	
<p align="center">Curriculum Topics</p>	<p align="center">Benchmarks</p>
<ul style="list-style-type: none"> <li>•Look Out</li> <li>•Head to Toe</li> <li>•Why Do We Eat</li> <li>•All About Medicine</li> <li>•Talk and Listen</li> <li>•Happy, Sad and in Between</li> <li>•Drugs are Dumb</li> <li>•Get Well Soon</li> <li>•How I Breath</li> <li>•Run Jump and Skip</li> <li>•Tobacco</li> <li>•Child Assault Prevention (CAP)</li> </ul>	<ul style="list-style-type: none"> <li>•Define careless and careful behavior and identify safe ways to play.</li> <li>•Identify body parts and functions including the five senses, brain, lungs, heart, teeth, bones and skin and list ways of taking care of one’s body.</li> <li>•Students will be able to explain how food choices affect the bodies ability to perform properly.</li> <li>•Students will identify what is and is not medicine and recognize appropriate adults who can give medicine to a child.</li> <li>•Define the word communication and identify ways that people communicate with each other.</li> <li>•Identify different feelings and demonstrate appropriate actions when dealing with these feelings</li> <li>•Define what drugs are, including alcohol and tobacco and explain what it does to the body</li> <li>•Identify signs of illness and practice ways to keep germs from spreading</li> <li>•Identify the basic need of all humans to breath and describe factors that can improve and inhibit healthy breathing</li> <li>•Students will understand the benefits of being physically fit.</li> </ul>