

COMMUNITY UNIT SCHOOL DISTRICT 200

HEALTH CURRICULUM GRADE 1

**Subject Expectation
(State Goal 22)**

The student will understand principles of health promotion and the prevention and treatment of illness and injury.

Essential Learning 1 (Learning Standard A)	Explain the basic principles of health promotion, illness prevention and safety
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| Critical Content | 22.A.1b | a. explore and identify components of a balanced meal and healthy snacks |
| | 22.A.1b | b. recognize exercise as a method of promoting health |
| | 22.A.1b | c. describe habits of rest and sleep |
| | 22.A.1b | d. identify factors that promote health, <i>such as</i> diet, cleanliness, rest and exercise <ul style="list-style-type: none">• demonstrate technique/importance of hand-washing• demonstrate proper method of drinking from a fountain• explain need for toilet flushing |
| | 22.A.1b | e. define ways of caring for teeth |

Essential Learning 2 (Learning Standard B)	Describe and explain the factors that influence health among individuals, groups and communities
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Essential Learning 3 (Learning Standard C)	Explain how the environment can affect health
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| Critical Content | 22.C.1 | a. identify sources of environmental pollution in soil and water |
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Essential Learning 4 *	Understand the health connection to other subjects <i>such as</i> social studies, science, physical education and the understanding of social emotional factors
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Board Approved 5-25-05 Grade One Health Critical Content

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including = a mandatory concept

. = exceeds state standards

. word = needs discussion/it's an addition

**Subject Expectation 2
(State Goal 23)**

The student will understand human body systems and factors that influence growth and development.

Essential Learning 1 (Learning Standard A)	Describe and explain the structure and functions of the human body systems and how they interrelate
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| Critical Content | 23.A.1 | a. identify the function of muscle |
| | 23.A.1 | b. recognize how muscles and bones work together |
| | 23.A.1 | c. describe how blood circulates through veins, arteries and the body |

Essential Learning 2 (Learning Standard B)	Explain the effects of health related actions on the body systems
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| Critical Content | 23.B.1 | a. explore ways exercise helps your body |
| | 23.B.1 | b. describe the importance of a balanced diet to your body |
| | 23.B.1 | c. recognize healthy choices for sleep, diet and exercise |

Essential Learning 3 (Learning Standard C)	Describe factors that affect growth and development
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| Critical Content | 23.C.1 | a. recognize that mammals develop and reproduce <i>such as</i> puppies and kittens |
| | 23.C.1 | b. know that mammal offspring are not hatched |
| | 23.C.1 | c. know that female mammals produce milk to feed their offspring |
| | * | d. recognize that parents are a resource to consult with questions about reproduction. |

Essential Learning 4	*	Understand the health connection to other subjects <i>such as</i> social studies, science, physical education and the understanding of social emotional factors
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| Critical Content | * | a. recognize stages of a young child's life <i>such as</i> first tooth, walking, bike riding and connect it to a timeline in social studies |
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**Subject Expectation 3
(State Goal 24)**

The student will promote and enhance health and well being through the use of effective communication and decision-making skills.

Essential Learning 1 (Learning Standard A)	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflicts
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Critical Content	24.A.1a	a. demonstrate positive character traits <i>such as</i> honesty and respect
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Essential Learning 2 (Learning Standard B)	Apply decision-making skills related to the protection and promotion of individual health
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Critical Content	22.A.2c	a. recognize the need for booster seats and seat belts
	22.A.2c	b. recognize the need for bike helmets

Essential Learning 3 (Learning Standard C)	Demonstrate skills essential to enhancing health and avoiding dangerous situations
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Critical Content	24.C.1	a. demonstrate appropriate responses to dangerous situations <i>such as</i> not talking to strangers and identifying responsible people who can help
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Essential Learning 4	*	Understand the health connection to other subjects <i>such as</i> social studies, science, physical education and the understanding of social emotional factors
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