

Wallenpaupack Area School District

Wallenpaupack Area Elementary School

Course Title: 1st Grade Health

Length of Course: 40 minutes per week year long

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

The Academic Standards for Health, Safety and Physical Education provide students with the knowledge and skills that will enable them to achieve and maintain a physically active and healthful life. The attainment of these standards will favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving to their highest academic potential.

Pennsylvania State Standards:

- **Concepts of Health**
- **Healthful Living**
- **Safety and Injury Prevention**

Core Curriculum:

N/A

Course Objectives:

Students will demonstrate the ability to:

- **Concepts of Health**
 - Identify and describe the stages of growth and development.
 - Identify and know the location and function of the major body organs and systems.
 - Explain the role of the nutrition in helping people eat a healthy diet.
 - Know age appropriate drug information.
 - Identify types and causes of common health problems of children.
- **Healthful Living**
 - Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.
 - Identify health-related information.
 - Identify the steps in a decision-making process.

- Identify environmental factors that affect health.
- **Safety and Injury Prevention**
 - Recognize safe/unsafe practices in the home, school and community.
 - Recognize emergency situations and explain appropriate responses.
 - Recognize conflict situations and identify strategies to avoid or resolve.
 - Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Major Activities to Support Course Objectives:

- At teacher’s discretion

Student Responsibilities:

Attendance expectations:

- Regular, consistent attendance is a prerequisite to successful school life.

Assessment:

Grading Components:

- Participation and class work

Content Pacing Guide:

Topic	Major Assignments	Estimated Time (Lessons)
Nutrition	Healthy Snack My Plate Portions Fitness	3
Disease and Germs	Germs Hand washing Colds and Flu	3
Dental	Foods – Nutrition Brush Types of Teeth Purpose of Teeth	3
Safety	Bus Internet Sun School Fire Bike Playground Address Water Sign Safety	9

	Stranger Good Touch and Bad Touch	
Family and Friendship	Qualities of Family and Friends	3
Drug	Helpful and Harmful Drugs Over-the-Counter and Prescription Alcohol and Tobacco	8
Body Systems	Major Organs Functions Bones and Muscles	4
Growth and Development	Stages	2