

# *Wallenpaupack Area School District*

**Course:** Health

**GRADE LEVEL:** Grade 1

**LENGTH OF COURSE:**

**TEXT:**

**PUBLISHER:**

**COPYRIGHT:**

**COURSE DESCRIPTION:**

The Wallenpaupack Primary Health Curriculum is designed to present a comprehensive health program that will help children value personal health, make healthy personal choices, and thereby promote a healthy lifestyle.

**AREAS OF STUDY:**

Family and Social Health  
Growth and Development  
Nutrition, Exercise and Fitness  
Disease, Disorders and HIV/AIDS  
Safety and First Aid  
Consumer and Community Health  
Mental Health and Drug Prevention

**CURRICULUM WRITING TEAM:**

**DATE OF REVISION:**

2003

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** States of Growth and  
Development/Interaction of  
Body Systems

**PA Standard:** 10.1.3  
10.2.3

<b>Topics:</b> Human growth and development	<b>Skills:</b> Identifying, caring for and understanding the major external body parts and major internal organs
<b>Activities:</b> Identify major internal groups by use of poster Identify external body parts through song, discussion, riddles and motion Recognizing how their bodies are growing and developing through teacher read stories and picture books Promote personal hygiene through discussion and demonstration of healthy habits Understand and appreciate the five senses through activity centers and activity work sheets	<b>Performance Assessment:</b> Teacher observation Active participation in-group activity Completion of activity work sheets

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Nutrition

**PA Standard:** 10.1.3

<b>Topics:</b> Nutrition	<b>Skills:</b> Students will improve their understanding and abilities in the areas of nutrition and fitness
<b>Activities:</b> Use of trade books to support the topic – i.e., The Berenstain Bears and Too Much Junk Food Work sheets Flash cards Food guide pyramid poster Nutrition card game Guest speaker Preparation of healthy snack Practice cleanliness in food preparation Picture booklet on proper eating habits Take home booklets	<b>Performance Assessment:</b> Teacher observation Class discussion and participation Small group hands on activity work

# *Wallenpaupack Area School District*

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Drug Awareness & Prevention

**PA Standard:** 10.1.3

<p><b>Topics:</b></p> <p>Drug awareness – what are drugs?          Decision making and personal responsibility          Self-esteem</p>	<p><b>Skills:</b></p> <p>To know the difference between drugs that are helpful and drugs that are harmful          To determine a person you can <u>trust</u> (doctor, nurse, parent...) when taking medicine          Know that choices made by everyone, and that each person is responsible for their own choices          Respect others when making choices          Understand individuals are different and have different feelings          Know that expressing feelings are healthy as long as it is not harmful to oneself or others</p>
<p><b>Activities:</b></p> <p>Puppets to introduce drug awareness and prevention          Trade books          Set ground rules for discussion          Flash cards          Activity worksheets          "Look-Alikas" display for medicine/candy          Differentiate between harmful and helpful substances by use of pictures and discussions</p>	<p><b>Performance Assessment:</b></p> <p>Teacher observation          Participation in class discussion          Small group hands on activity work          Role-playing puppet scenarios</p>

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Alcohol

**PA Standard:** 10.1.3  
10.2.3

<b>Topics:</b> Alcohol awareness and prevention	<b>Skills:</b> To promote an understanding of alcohol as a drug and to recognize body organs that are affected by its abuse To give children the necessary tools to prevent alcohol use
<b>Activities:</b> Body organ chart Trade books Role-play refusal skills Role-playing puppet scenarios Group discussion and questions Activity worksheets Videos	<b>Performance Assessment:</b> Teacher observation Participation in role-playing scenarios Small group hands on activity

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Tobacco

**PA Standard:** 10.1.3  
10.2.3

<b>Topics:</b> Tobacco prevention	<b>Skills:</b> Students will be alerted to the dangers of tobacco use and its effects on the body To practice strategies for resisting, refusing and avoiding tobacco use
<b>Activities:</b> Anti-smoking awareness Activity worksheets Practice refusal skills Videos Puppets for role-playing Take home pamphlets on tobacco products and use	<b>Performance Assessment:</b> Participation in class discussion Completed activity worksheets Role-play resisting and refusing tempting situations

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Chemical Substances

**PA Standard:** 10.1.3  
10.2.3  
10.3.3

<b>Topics:</b> Poisons	<b>Skills:</b> To alert students to poisons and prevent unintentional poisonings To know that everyday items such as vitamins, plants, cleaners, etc. may be harmful To recognize the universal poison symbol
<b>Activities:</b> Flash cards Activity worksheets Videos Creating poison puppets	<b>Performance Assessment:</b> Participation in class discussion Completed activity worksheets Role-playing puppet scenarios

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Drug Prevention

**PA Standard:** 10.1.3  
10.2.3

<b>Topics:</b>	<b>Skills:</b>
Decision making and personal responsibility	Identify factors that influence personal decisions and practice decision-making skills and personal responsibility
<b>Activities:</b>	<b>Performance Assessment:</b>
Use of a chart stating the four-step decision making process Role-play situations	Teacher observation Participation in class discussion Role-play situations

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Disease Prevention - Germs

**PA Standard:** 10.1.3

10.2.3

<b>Topics:</b> Germ prevention	<b>Skills:</b> Recognize the many ways germs are spread Identify where germs are found
<b>Activities:</b> Identify types of germs and how they are spread/found through teacher read stories, picture books, flashcards, and a "germ game" Promoting cleanliness through "hands on" practice and videos	<b>Performance Assessment:</b> Discussion Class participation Observation of "hands on" practices Completed work sheets

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Dental Health

**PA Standard:** 10.2.3

<b>Topics:</b>	<b>Skills:</b>
Dental health	Practice daily dental care to prevent cavities and gum disease
<b>Activities:</b>	<b>Performance Assessment:</b>
Encourage good dental health through demonstration of brushing and flossing Dental health videos Read and discuss dental health booklets Dental health chart for daily brushing Dental health work sheets Distribution of sample dental care kits	Discussion Observation Completion of daily brushing charts Completed work sheets

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Safety and Injury  
Prevention

**PA Standard:** 10.3.3

<b>Topics:</b> Personal safety	<b>Skills:</b> Students will recognize the importance of being aware of their surroundings, unsafe conditions, and know skills for personal safety
<b>Activities:</b> Trade books Vocabulary Safety signs Emergency poster Good touch/bad touch poster Good touch/bad touch situations Role-play assertiveness skills	<b>Performance Assessment:</b> Discussions Class participation Role-play skills

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Safety and Injury  
Prevention

**PA Standard:** 10.3.3

<b>Topics:</b> School and bus safety	<b>Skills:</b> Identify and practice safe vs. unsafe school and bus behaviors
<b>Activities:</b> Safety signs Activity worksheets Posters Safety flashcards	<b>Performance Assessment:</b> Class participation Discussion Small group sharing

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Bicycle Safety

**PA Standard:** 10.3.3

<b>Topics:</b>	<b>Skills:</b>
Bicycle safety	Recognize bike safety rules Promote safe cycling behaviors
<b>Activities:</b>	<b>Performance Assessment:</b>
Bike safety rule poster Video on "bicycle safety camp" Bicycling scenarios Bicycle safety pamphlets Personal stories	Discussion/class participation Role-play Small group sharing

# Wallenpaupack Area School District

**Course:** Health

**Grade Level:** Grade 1st

**Unit:** Safety

**PA Standard:** 10.3.3

<b>Topics:</b> Fire safety	<b>Skills:</b> Identify fire safety rules and prevent and avoid fire related injuries
<b>Activities:</b> Poster Fire safety game Fire safety checklist to go home to parents What to do if clothes catch on fire "Stop-Drop-Roll-Cool" pamphlets and log roll Fire safety obstacle course	<b>Performance Assessment:</b> Discussion Students demonstrate stop, drop, roll Group activity