

**MOSCOW SCHOOL DISTRICT**  
**CURRICULUM GUIDE**  
**Subject/Course: Health**  
**Grade 1**

**Standard 1: Healthy Lifestyles**

Students learn the elements of developing a healthy lifestyle.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of first grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 1</i>
<p><b>Goal 1.1: Acquire the essential skills to lead a healthy life.</b></p>	<ul style="list-style-type: none"> <li>• 1.H.1.1.1 Identify the difference between exercise and stretching. (778.01.a)</li> <li>• 1.H.1.1.2 Tell how germs are spread and describe how the body fights diseases. (778.01.b)</li> <li>• 1.H.1.1.3 Identify safety procedures. (778.01.c)</li> <li>• 1.H.1.1.4 Explain a variety of emotions and understand that they can be managed successfully. (778.01.d)</li> <li>• 1.H.1.1.5 Differentiate between over-the-counter and prescription drugs. (778.01.e)</li> <li>• 1.H.1.1.6 Explain how the use of known and unknown substances can be hazardous. (778.01.f)</li> <li>• 1.H.1.1.7 Recognize a nutritional diet is necessary to maintain a healthy body. (778.01.g)</li> <li>• 1.H.1.1.8 Describe how a person can take care of different body parts. (778.01.h)</li> <li>• 1.H.1.1.9 Describe each person’s contribution to the family. (778.01.i)</li> <li>• 1.H.1.1.10 Identify the use of health products. (778.01.j)</li> <li>• 1.H.1.1.11 Describe pollution. (778.01.k)</li> </ul>			

## **Standard 2: Risk Taking Behavior**

Students learn how to make responsible choices that lead to acceptable behavior.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of first grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 2</i>
<b>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	<ul style="list-style-type: none"><li>• 1.H.2.1.1 Recognize that germs cause disease. (779.01.a)</li><li>• 1.H.2.1.2 Explain the necessity for rules for acceptable and unacceptable behavior. (779.01.b)</li><li>• 1.H.2.1.3 Determine how to make a responsible choice. (779.01.c)</li><li>• 1.H.2.1.4 Discuss risky behaviors. (779.01.d)</li></ul>			

## **Standard 3: Communication Skills for Healthy Relationships**

Students learn refusal and decision-making skills.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of first grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 3</i>
<b>Goal 3.1: Demonstrate the ability to use communication skills to enhance health.</b>	<ul style="list-style-type: none"><li>• 1.H.3.1.1 Share positive ways to express feelings. (780.01.a)</li><li>• 1.H.3.1.2 Identify refusal and decision-making skills. (780.01.b)</li><li>• 1.H.3.1.3 Demonstrate communication skills. (780.01.c)</li></ul>			

## **Standard 4: Consumer Health**

Students learn about health products.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of first grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 4</i>
<b>Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.</b>	<ul style="list-style-type: none"><li>• 1.H.4.1.1 Identify examples of health products. (781.01.a)</li><li>• 1.H.4.1.2 Identify labels on health products. (781.01.b)</li><li>• 1.H.4.1.3 Recognize roles of health workers in the school and community. (781.01.c)</li></ul>			

**Standard 5: Mental and Emotional Wellness**

Students learn how each person is unique.

<i>Goal – The student will:</i>	<i>Objectives (to be reached by the end of first grade)</i>	<i>Samples of Applications</i>	<i>Curriculum Materials (including technological resources)</i>	<i>Key Vocabulary for Standard 5</i>
<b>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</b>	<ul style="list-style-type: none"><li>• 1.H.5.1.1 Demonstrate feelings. (782.01.a)</li><li>• 1.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (782.01.b)</li><li>• 1.H.5.1.3 Describe physical activities one enjoys. (782.01.c)</li><li>• 1.H.5.1.4 Recognize trusted adults who can provide assistance. (782.01.d)</li></ul>			