

HEALTH First Grade

FIRST 9-WEEKS: Safety and Injury Prevention, Personal and Mental Health, Disease Prevention

TEKS Subject: *Health/Behaviors*

Personal Health Decisions	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.2 Describe activities that are provided by health care professionals such as medical check-up and dental exams. (TEKS/SE)(1.1B) 	Disease Prevention <ul style="list-style-type: none"> ➤ Health Care Providers Promoting Health <ul style="list-style-type: none"> • HPW (K)-book: A Visit to the Sesame Street Hospital

Safe and Unsafe Behavior	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.3 Identify and use protective equipment to prevent injury. (TEKS/SE)(1.2A) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Purl Lesson Plan pg. 20
<ul style="list-style-type: none"> ❑ 1.4 Name safe play environments. (TEKS/SE)(1.2B) 	Safety and Injury Prevention
<ul style="list-style-type: none"> ❑ 1.8 Identify and describe safe bicycle skills. (TEKS/SE)(1.2F) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Week 2 – Bicycle Safety
<ul style="list-style-type: none"> ❑ 1.9 Identify and practice safety rules during play. (TEKS/SE)(1.2G) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Individual campus rules • Purl Lesson Plan pg. 19 • School Safety –Purl Lesson Plan pg. 21B
<ul style="list-style-type: none"> ❑ 1.900 Identify and practice rules of fire safety 	Safety and Injury Prevention
<ul style="list-style-type: none"> ❑ 1.900 Identify ways to avoid deliberate and accidental injuries. (TEKS/SE)(2.2B) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Week 1 – Playground / School • Week 8 – Home Safety

Health Promoting Decisions	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.12 Describe how decisions can be reached and problems can be solved. (TEKS/SE)(1.3B) 	Personal and Mental Health

TEKS Subject: *Health/Information*

Human Body	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.17 Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians. (TEKS/SE)(1.5A) 	Personal and Mental Health <ul style="list-style-type: none"> • Personal Hygiene
<ul style="list-style-type: none"> ❑ 1.18 List ways health information can be used such as knowing how to brush teeth properly. TEKS/SE)(1.5B) 	Disease Prevention <ul style="list-style-type: none"> ➤ How to Stay Healthy

<input type="checkbox"/> 1.23 Explain common practices that control the way germs are spread. (TEKS/SE)(1.7C)	Disease Prevention <ul style="list-style-type: none"> • Week 6 -
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TEKS Subject: Health/Personal/Interpersonal Skills

Consideration and Respect:	District Focus and Resources
<input type="checkbox"/> 1.26 Demonstrate respectful communication. (TEKS/SE)(1.9A)	Personal and Mental Health
<input type="checkbox"/> 1.27 List unique ways that individuals use to communicate such as using body language and gestures. (TEKS/SE)(1.9B)	Personal and Mental Health
<input type="checkbox"/> 1.30 Describe ways to build and maintain friendships.(TEKS/SE)(1.10A)	Personal and Mental Health
<input type="checkbox"/> 1.31 Practice refusal skills to avoid and resolve conflicts. (TEKS/SE)(1.10B)	Personal and Mental Health
<input type="checkbox"/> 1.900 Recognize and describe individual differences and communicate appropriately with all individuals. (TEKS/SE)(K.8A)	Personal and Mental Health
<input type="checkbox"/> 1.900 Distinguish between positive and negative behaviors used in conflict situations.	Personal and Mental Health
<input type="checkbox"/> 1.900 List and demonstrate good listening skills. (TEKS/SE)(2.9B)	Personal and Mental Health

SECOND 9-WEEKS: Alcohol, Tobacco and Other Drugs, Human Growth and Development, Family Life, Personal and Mental Health

TEKS Subject: *Health/Behaviors*

Personal Health Decisions	District Focus and Resources
<input type="checkbox"/> 1.1 Describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise. (TEKS/SE)(1.1A)	Human Growth and Development, Personal and Mental Health
<input type="checkbox"/> 1.900 Identify personal responsibilities as a family member in promoting and practicing health behaviors. (TEKS/SE)(2.5C)	Nutrition and Fitness
<input type="checkbox"/> 1.900 Plan a healthy meal or snack. (TEKS/SE)(K.3B)	Family Life

Safe and Unsafe Behavior	District Focus and Resources
<input type="checkbox"/> 1.5 Explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs.(TEKS/SE)(1.2C)	Alcohol, Tobacco and Other Drugs <ul style="list-style-type: none"> • See 2.8 (TEKS/SE)(2.2A) – 2nd grade, 2nd nine weeks

<input type="checkbox"/> 1.6 Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult. (TEKS/SE)(1.2D)	Alcohol, Tobacco and Other Drugs <ul style="list-style-type: none"> • Purl Lesson Plan # 23
<input type="checkbox"/> 1.900 Identify ways to avoid deliberate and accidental injuries. (TEKS/SE)(2.2B)	Safety and Injury Prevention <ul style="list-style-type: none"> • Halloween Safety • Purl Lesson # 14 • Purl Puppet Show

Health Promoting Decisions	District Focus and Resources
<input type="checkbox"/> 1.11 Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems. (TEKS/SE)(1.3A)	Alcohol, Tobacco and Other Drug <ul style="list-style-type: none"> • McGruff Puppet and Tape
<input type="checkbox"/> 1.12 Describe how decisions can be reached and problems can be solved. (TEKS/SE)(1.3B)	Family Life
<input type="checkbox"/> 1.13 Explain the importance of goal setting and task completion. (TEKS/SE)(1.3C)	Personal and Mental Health
<input type="checkbox"/> 1.900 Demonstrate the ability to be responsible for one's own actions.	Personal and Mental Health
<input type="checkbox"/> 1.900 Explain steps in the decision making process and the importance of following the steps. (Introduce) (TEKS/SE)(2.11A)	Personal and Mental Health

TEKS Subject: *Health/Information*

Human Body	District Focus and Resources
<input type="checkbox"/> 1.14 Identify and demonstrate use of five senses. TEKS/SE)(1.4A)	Human Growth and Development
<input type="checkbox"/> 1.15 Identify major body structures and organs and describe their basic functions. (TEKS/SE)(1.4B)	Human Growth and Development
<input type="checkbox"/> 1.16 Identify and apply principles of good posture for healthy growth and development. (TEKS/SE)(1.4C)	Human Growth and Development
<input type="checkbox"/> 1.17 Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians. (TEKS/SE)(1.5A)	Alcohol, Tobacco and Other Drugs <ul style="list-style-type: none"> • Purl Lesson Plan # 7

Recognize Health Information	District Focus and Resources
<input type="checkbox"/> 1.19 Identify examples of health information provided by various media.(TEKS/SE)(1.6A)	Wellness
<input type="checkbox"/> 1.20 Cite examples of how media and technology can affect behaviors such as television, computers, and	Violence Prevention <ul style="list-style-type: none"> ➤ Effects on Attitudes and

video games. (TEKS/SE)(1.6B)	Behaviors <ul style="list-style-type: none"> • Discussion; record of violence exposure
<input type="checkbox"/> 1.900 Describe how the media can influence an individual's health choices such as television ads for fast foods and breakfast cereals. (TEKS/SE)(2.7A)	Nutrition and Fitness

TEKS Subject: Health/Influencing Factors

Personal Health	District Focus and Resources
<input type="checkbox"/> 1.24 Name various members of his/her family who help them to promote and practice health habits. (TEKS/SE)(1.8A)	Family Life

TEKS Subject: Health/Personal/Interpersonal Skills

Consideration and Respect	District Focus and Resources
<input type="checkbox"/> 1.31 Practice refusal skills to avoid and resolve conflicts.(TEKS/SE)(1.10B)	Alcohol, Tobacco and Other Drugs

THIRD 9-WEEKS: Safety and Injury Prevention, Human Growth and Development, Nutrition and Fitness, Violence Prevention, Stress Management and Suicide Prevention

TEKS Subject: Health/Behaviors

Personal Health Decisions	District Focus and Resources
<input type="checkbox"/> 1.900 Describe and demonstrate personal health habits such brushing and flossing teeth and exercise. (TEKS/SE)(2.1B)	Disease Prevention *Dental Health
<input type="checkbox"/> 1.900 Identify hazards in the environment that affect health and safety such as having loaded guns in the home and drinking untreated water. (TEKS/SE)(2.5A)	Community and Consumer Health

Safe and Unsafe Behaviors	District Focus and Resources
<input type="checkbox"/> 1.3 Identify and use protective equipment to prevent injury. (TEKS/SE)(1.2A)	Safety and Injury Prevention <ul style="list-style-type: none"> • Trip to Purl Safety City
<input type="checkbox"/> 1.6 Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult. (TEKS/SE)(1.2D)	Safety and Injury Prevention <ul style="list-style-type: none"> • Video: Gun Safety (Eddie the Eagle)
<input type="checkbox"/> 1.7 Identify safety rules that help to prevent poisoning.(TEKS/SE)(1.2E)	Safety and Injury Prevention <ul style="list-style-type: none"> • Week 2 – Poison • Carolyn Insall
<input type="checkbox"/> 1.8 Identify and describe safe bicycle skills. (TEKS/SE)(1.2F)	Safety and Injury Prevention <ul style="list-style-type: none"> • Purl Lesson Plan # 1 • Safety City (Purl) – scheduled by individual campuses

<ul style="list-style-type: none"> ❑ 1.10 Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult. (TEKS/SE)(1.2H) 	Safety and Injury Prevention
<ul style="list-style-type: none"> ❑ 1.900 Identify ways to avoid deliberate and accidental injuries. (TEKS/SE)(2.2B) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Week 5 – Violence Prevention

TEKS Subject: *Health/Information*

Human Body	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.15 Identify major body structures and organs and describe their basic functions. (TEKS/SE)(1.4B) 	Human Growth and Development <ul style="list-style-type: none"> • Week 6 – Heart Health
<ul style="list-style-type: none"> ❑ 1.18 List ways health information can be used such as knowing how to brush teeth properly.(TEKS/SE)(1.5B) 	Disease Prevention <ul style="list-style-type: none"> ➤ Dental Health <ul style="list-style-type: none"> • Demonstrate correct toothbrushing • Crest toothbrushes from school nurse • HPW- video: Healthy Teeth • Colgate “Bright Smiles, Bright Futures” Web site with teacher information: www.colgatebsbf.com

Recognize Health Information	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.20 Cite examples of how media and technology can affect behaviors such as television, computers, and video games. (TEKS/SE)(1.6B) 	Safety and Injury Prevention/Violence Prevention

TEKS Subject: *Health/Personal/Interpersonal Skills*

Consideration and Respect	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.20 Cite examples of how media and technology can affect behaviors such as television, computers, and video games. (TEKS/SE)(1.6B) 	Violence Prevention <ul style="list-style-type: none"> • Week 5
<ul style="list-style-type: none"> ❑ 1.28 Express needs, wants, and emotions in appropriate ways. (TEKS/SE)(1.9C) 	Stress management/Suicide Prevention
<ul style="list-style-type: none"> ❑ 1.29 Describe and practice techniques of self control such as thinking before acting.(TEKS/SE)(1.9D) 	Stress management/Suicide Prevention
<ul style="list-style-type: none"> ❑ 1.31 Practice refusal skills to avoid and resolve conflicts.(TEKS/SE)(1.10B) 	Violence prevention / Alcohol, Tobacco and Other Drugs <ul style="list-style-type: none"> ➤ Resolving Conflict Without Violence <ul style="list-style-type: none"> • HPW-Family Life-page 82-83, Obj. 1, Family Conflict, Act. 1:Introductory, “Berenstain Bears Get In A Fight” • HPW-Family Life-page 84-85, Obj.

	<p>2, Conflict Resolution Skills, Act. 2: "Herbie Resolves a Conflict"</p> <ul style="list-style-type: none"> ➤ Substance Abuse Prevention • HPW (2nd) Video: Just Say NO • Counselor Lesson (Cyndie Coulter, Frost)
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FOURTH 9-WEEKS: Safety and Injury Prevention

TEKS Subject: *Health/Behaviors*

Personal Health Decisions	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.900 Describe strategies for protecting the environment and the relationship between the environment and individual health, such as air pollution and ultraviolet rays; soil and water pollution. (TEKS/SE)(2.5B) 	Community and Consumer Health

Safe and unsafe Behaviors	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.900 Practice safety rules during physical activity such as water safety and bike safety. (TEKS/SE)(K.2E) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Water Safety

TEKS Subject: *Health/Information*

Recognize Health Information	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.900 Discuss how personal health care products have been improved by technology such as sun screen and safety equipment. (TEKS/SE)(2.7B) 	Safety and Injury Prevention <ul style="list-style-type: none"> • Video: "Cover Up" - HPW

TEKS Subject: *Health/Influencing Factors*

Sickness and Health	District Focus and Resources
<ul style="list-style-type: none"> ❑ 1.21 Name types of germs that cause illness and disease. (TEKS/SE)(1.7A) 	Disease Prevention <ul style="list-style-type: none"> ➤ Bacteria, Viruses, Parasites • HPW-Book: <u>Germs Made Me Sick</u> • Book: <u>No Measles, No Mumps For Me</u> (School Nurse – Village)
<ul style="list-style-type: none"> ❑ 1.22 Identify common illnesses and diseases and their symptoms.(TEKS/SE)(1.7B) 	Disease Prevention <ul style="list-style-type: none"> • HPW-book-<u>Germs Make Me Sick</u> • Discussion: illnesses and symptoms (after reading the book) • HPW – Pg. 325, Obj. 1, Act. 1 • HPW – Pg. 326, Obj. 1, Act. 2 (flashcards) • HPW – Pg. 327, Obj. 2, Act. 1, (revised) – teacher make examples and show

<p>□ 1.23 Explain common practices that control the way germs are spread. (TEKS/SE)(1.7C)</p>	<p>Disease Prevention</p> <ul style="list-style-type: none"> • HPW Book: <u>Germs Make Me Sick</u> • HPW- “Germ Game” • HPW (K)-“Disease Prevention Game” • HPW, Pg. 336, Obj.5 Parent Activity #31, overhead
<p>Personal Health</p>	<p>District Focus and Resources</p>
<p>□ 1.900 Tell how weather affects individual health such as dressing for warmth, protecting skin from the sun, and keeping classrooms and homes are warm and cool. (TEKS/SE)(K.7A)</p>	<p>Safety and Injury Prevention</p>