

Springfield Public Schools
K-5 HEALTH

1st Grade
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will understand personal health behaviors, disease prevention and control through studying good hygiene health. (HPE2, 3, 5; 1.5, 2.1, 4.7)
 - Identify and practice hygiene habits to prevent the spread of germs and illness.
 - Describe advantages of being healthy.
 - Discuss ways that medicine can help people.
 - Recognize that sleep, exercise and cleanliness are healthy habits.

- 2) Students will recognize and demonstrate personal health behaviors which will lead to and promote positive mental health. (HPE2; 1.5, 4.7)
 - Name different feelings and appropriate ways to express them.
 - Identify how making good choices contributes to self-worth.

- 3) Students will recognize and demonstrate personal health behaviors which will lead to and promote proper nutrition. (HPE2; 1.5, 4.7)
 - Identify food groups within the food pyramid.
 - Identify and list appropriate foods for growth and development.

- 4) Students will recognize and demonstrate personal health behaviors and safety procedures which lead to and promote healthy lifestyles. (HPE6, 6, 7; 1.5, 4.1, 4.7)
 - Tell proper responses to use if approached by a stranger.
 - Distinguish between appropriate and inappropriate touch.
 - Memorize personal information such as telephone number and address.
 - Identify safety rules for home, streets and school.
 - Demonstrate appropriate procedures for fire, tornado and lock-down emergencies.
 - Tell safety rules for using and storing medicine and identify appropriate people to dispense medicine.
 - Recognize that smoking affects the body's health and the air around us.
 - Recognize that alcohol affects the body.

5) Students will understand the importance of health services offered by community agencies, health professionals and the impact of advertising. (HPE6; 1.5)

- Name family and community members to turn to for health needs.
- Name health workers and the service they provide.

6) Students through activities, observation and reading will identify various family structures and family responsibilities. (HPE2; 1.5)

- Define family and list family activities.
- Identify personal responsibilities of being a family member.