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Vision: To Be a World-Class School System

Academic Plan

Curriculum and Staff Development Center

Course:	Health-1 - 5008030
Textbook:	
School Year:	2013 - 2014
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Quarterly Guides

Quarter – 1 Guide	Quarter – 2 Guide
<ul style="list-style-type: none"> 1 - Safety Rules 2 - Bicycle and Pedestrian Safety 3 - Disease Prevention and Healthy Behavior 4 - Goal Setting 5 - Respect of Self, Others and Things 6 - Identify Feelings 7 - Communication Skills 8 - Bullying 9 - Fire Safety and Prevention 	<ul style="list-style-type: none"> 1 - Stranger Awareness 2 - Identify When You Need Help 3 - Identify Who to Go to When You Need Help 4 - Differences Between Wants and Needs 5 - Body Parts - Correct Names of Body Parts 6 - Nutrition
Quarter – 3 Guide	Quarter – 4 Guide
<ul style="list-style-type: none"> 1 - Dental Hygiene 2 - Injury Prevention 3 - Water Safety 4 - Sun Safety 5 - Poison and Hazardous Products 6 - Identify Potential Hazards 	<ul style="list-style-type: none"> 1 - Positive and Negative Role Models 2 - Influence From and On Others: Family and Peers 3 - Influence From the Media: Internet, TV, Movies, Music, Radio and Print 4 - Internet Safety

Academic Plan

Narrative:

Quarter - 1				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Safety Rules Identify safety rules at school -hallway - bus -playground - classroom -cafeteria	dangerous; safe; unsafe;	HE.1.B.3.3 ; HE.1.C.1.4 ;		
2 Bicycle and Pedestrian Safety Determine ways to safely cross the road -look both ways -use crosswalks Determine ways to safely ride a bike -wear a helmet -watch for cars	bicycle; crossing guard; crosswalk; helmet; pedestrian; traffic;	HE.1.C.1.4 ;		
3 Disease Prevention and Healthy Behavior Describe how germs spread Describe ways to prevent spreading germs to other people -wash hands - cover mouth when sneezing and coughing	clinic; cough; germs; handwashing; prevent; sneeze;	HE.1.B.3.1 ; HE.1.C.1.1 ; HE.1.C.1.2 ; HE.1.C.1.3 ; HE.1.C.2.2 ;		
4 Goal Setting Create a class SMART goal and monitor progress Examples include: exercise, healthy food choices	goal; progress;	HE.1.B.3.2 ;	Health Hounds: Creating an Action Plan;	
5 Respect of Self, Others and Things Classify respectful and disrespectful situations	care; helpful; respect;	HE.1.P.1.1 ;		

<p>6 Identify Feelings Create scenarios that cause feelings of: -happiness -sadness -anger -frustration</p>	<p>angry; frustrated; happy; helpful; mad; proud; sad; surprised;</p>	<p>HE.1.B.2.1 ; HE.1.C.1.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>7 Communication Skills Use "I" messages to communicate feelings and needs Use proper eye contact, body gestures and tone of voice.</p>	<p>communicate; eye contact;</p>	<p>HE.1.B.2.2 Describe good listening skills to enhance health. (e.g., positive body language; HE.1.C.2.3 ;</p>	<p>_____</p>	<p>_____</p>
<p>8 Bullying Understand how to respond when a student is being bullied</p>	<p>bully; threatening;</p>	<p>HE.1.B.2.3 ; HE.1.B.3.2 ;</p>	<p>_____</p>	<p>_____</p>
<p>9 Fire Safety and Prevention Create a list of fire safety rules and fire prevention procedures</p>	<p>911; alarm; burn; firefighters; flames; flammable; rescue worker; Stop, Drop and Roll;</p>	<p>HE.1.C.2.2 ;</p>	<p>_____</p>	<p>_____</p>

Academic Plan

Narrative:

Quarter - 2				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Stranger Awareness Identify the difference between a stranger and an adult Determine what to do when a stranger is encountered	dangerous; nurse; police officer; stranger; trusted adult;	HE.1.B.2.3 ; HE.1.P.1.2 ;	_____	_____
2 Identify When You Need Help Determine what is an emergency and what is not Identify when to call 9-1-1	emergency; injury;	HE.1.B.2.3 ; HE.1.B.3.1 ; HE.1.C.2.3 ;	_____	_____
3 Identify Who to Go to When You Need Help Determine the appropriate adult to go to in different crisis situations	doctor; paramedic; teacher;	HE.1.B.1.1 ; HE.1.B.2.4 ; HE.1.C.1.5 ;	_____	_____
4 Differences Between Wants and Needs Determine acceptable and effective ways to communicate wants and needs	needs; wants;	HE.1.B.2.1 ;	_____	_____
5 Body Parts - Correct Names of Body Parts Review brain, heart, lungs Identify body parts: - bones -skin -stomach	bones; brain; heart; lung; skin; stomach;	HE.1.C.1.6 ;	_____	_____

<p>6 Nutrition Distinguish between healthy and unhealthy food choices Categorize types of food according to MyPyramid Create a healthy meal for a student</p>	<p>fruit; Fruits; grains; healthy; junk food; Nutrition; Protein; vegetable;</p>	<p>HE.1.B.3.1 ;</p>	<p>_____</p>	<p>_____</p>
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Academic Plan

Narrative:

Quarter - 3				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Dental Hygiene Create a list of healthy and unhealthy choices for your teeth Determine the causes of cavities	cavity; dental hygienist; dentist; Plaque; teeth; toothbrush;	HE.1.B.3.3 ;	Go-o-o-o Tooth;	
2 Injury Prevention Review Quarter 1: Weeks 1-3		HE.1.B.3.2 ; HE.1.C.1.4 ; HE.1.P.1.2 ;		
3 Water Safety Determine safe choices to make around the water Classify safe and unsafe water choices	life jacket;	HE.1.C.1.4 ;		
4 Sun Safety Recognize situations that require sunscreen	protect; shade; sunglasses; Sunscreen;	HE.1.C.1.1 ;		
5 Poison and Hazardous Products Recognize hazardous materials around the house	medicine; poison;	HE.1.B.1.2 ;		
6 Identify Potential Hazards Recognize hazard signs and demonstrate how to take the proper precaution when they are encountered	caution; hazardous; injury; warning;	HE.1.B.1.2 ;		

Academic Plan

Narrative:

Quarter - 4				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 Positive and Negative Role Models Recognize characteristics of positive and negative influences	positive role model;	HE.1.P.2.1 ;	_____	_____
2 Influence From and On Others: Family and Peers Create a plan to become a positive health influence on others	follower; leader;	HE.1.C.2.1 ; HE.1.P.2.1 ;	_____	_____
3 Influence From the Media: Internet, TV, Movies, Music, Radio and Print Understand that advertisements are created to sell things to people and they may not be in the student's best interest	advertisement; commercial; influence; persuade;	HE.1.B.1.3 ; HE.1.C.2.4 ;	_____	_____
4 Internet Safety Students will understand basic internet safety	advertisement; computer; Internet; password; privacy; security;	HE.1.P.1.2 ;	_____	_____