

Curriculum Sequence
Health
First Grade

	Units/Chapters	TEKS/SE and Alignment Objectives	Resources
1	Hygiene/Habits - Germs/Illness	1A - Describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise	Health and Wellness Reader; Staying Clean and Fit pp.4-5; Health Masters, Time for Sleep,
		1B - Describe activities that are provided by health care professionals such as medical check-ups and dental exams	Health and Wellness Reader; Staying Clean and Fit pp.6-7; Health Masters, Time for a Check-
		7A -Name types of germs that cause illness and disease	Health and Wellness Reader; Stay Well, pp.2-3
		7B - Identify common illnesses and diseases and their symptoms	Health and Wellness Reader; Stay Well, pp.10-11
		7C - Explain common practices that control the way germs are spread	Health and Wellness Reader; Stay Well, pp.4-5; Experiment with glitter and anti-bacterial soap
		8B - Describe ways in which a person's health may be affected by weather and pollution	
2	Emotional Health/Family	9A - Demonstrate respectful communication	Health Big Ideas Book pp.6-7; Health and Wellness Reader; Your Family, Your Friends, and You, pp.8-9;
		9B - List unique ways that individuals use to communicate such as using body language and gestures	

		9C - Express needs, wants, and emotions in appropriate ways	
		9D - Describe and practice techniques of self-control such as thinking before acting	
		10A - Describe ways to build and maintain friendships	
		10B - Practice refusal skills to avoid and resolve conflicts	
		8A - Name various members of his/her family who help them to promote and practice health habits	
		3A - Explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems	
		3B - Describe how decisions can be reached and problems can be solved	
		3C - Explain the importance of goal setting and task completion	
	3 Drugs/Alcohol/Tobacco/ Medicines		
		2E - Identify safety rules that help to prevent poisoning	
		5A - Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians	
		10A - Practice refusal skills to avoid and resolve conflicts	
		2C - explain the harmful effects of, and how to avoid alcohol, tobacco, and other drugs	

		2D - Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting them to an adult	
4	Nutrition/Dental/Food Guide Pyramid	6B - Cite examples of how media and technology can affect behaviors such as television, computers, and video games	
		5A - Identify people who can provide helpful health information such as parents, teachers, nurses, and physicians	
		5B - List ways health information can be used such as knowing how to brush teeth properly	
		6A - Identify examples of health information provided by various media	
5	Heart/Lungs/Brain/Respiratory/Five Senses	4B - Identify major body structures and organs and describes their basic functions	
		4C - Identify and apply principles of good posture for healthy growth and development	
		4A - Identify and demonstrate use of the five senses	
6	Safety - Playground/Fire/Bicycle/Sun/Water/Tricky People	2A - Identify and use protective equipment to prevent injury	
		2B - Name safe play environments	
		2F - Identify and describe safe bicycle skills	
		2G - Identify and practice safety rules during play	

		2H - Identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult	
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