

Health  
Grade 1  
Assurances

1. The student understands that personal health decisions and behaviors affect health throughout the life span.
2. The student understands that safe, unsafe, and /or harmful behaviors result in positive and negative consequences throughout the life span.
3. The student demonstrates basic critical-thinking, decision-making, goal setting, and problem-solving skills for making health-promoting decisions.
4. The student understands the basic structure and functions of the human body and how they relate to personal health throughout the life span.
5. The student is able to recognize health resources that can provide helpful information.
6. The student recognizes the influence of media and technology on health behaviors.
7. The student will understand the difference between sickness and health in people of all ages.
8. The student understands factors that influence the health of an individual.
9. The student knows health ways to communicate consideration and respect for self, family, friends, and others.
10. The student comprehends the skills necessary for building and maintaining healthy relationships.