

Essential Questions	Content	Skills
<p>What is health?</p> <p>How is proper nutrition essential to growth and development?</p> <p>How do safety practices and procedures help to prevent injuries and provide a safe environment?</p> <p>How do behavioral choices affect physical, mental, emotional and social well-being?</p> <p>How can positive health habits prevent the spreading of diseases and injuries to self and others?</p> <p>How do self-management and coping strategies enhance physical, mental, and emotional health?</p> <p>What types of resources are available to assist in community health and safety?</p> <p>What are the proper procedures that must be used in emergency situations?</p>	<p>A. Human Growth and Development -Family Life -Mental Health and Social Well-being</p> <p>B. Public and Environmental Health</p> <p>C. Consumer Health</p> <p>D. Safety and Disaster Survival</p> <p>E. Disease Prevention and Control -Substance Use and Abuse -Personal Health -Nutrition -Dental Health</p>	<p>A. Know the structure of family</p> <p>A. Recognize caring adults that are significant in one's life</p> <p>A. List characteristics that make students similar, different, and unique</p> <p>A. Identify way to feel good about themselves</p> <p>A. Identify responsibilities one has in daily life</p> <p>A. Discuss how one's behavior has consequences</p> <p>A. Discuss the importance of belonging to a group and how it feels to be included/excluded</p> <p>A. Identify ways that people express feelings</p> <p>A. Communicate positive ways to resolve differences conflict</p> <p>A. Discuss classroom and school rules</p> <p>A. Practice classroom and school rules through acceptable behavior</p> <p>B. Name the people within the school/community responsible for health related services</p> <p>C. (Addressed at other grade levels)</p> <p>D. Recognize the need for use of seat belts</p> <p>D. Recognize the importance of following traffic signs</p> <p>D. Discuss the importance of following traffic rules to and from school</p> <p>D. Demonstrate proper procedures/techniques for drills -fire -severe weather -lock down</p> <p>D. Practice proper bus/school safety procedures</p> <p>D. Follow rules for playground safety</p> <p>D. Identify and discuss ways to avoid or remove oneself from dangerous and uncomfortable situations (stranger danger)</p> <p>E. Talk about the importance of taking medication in the presence of a responsible adult</p> <p>E. List places at home where dangerous chemicals are found and explain what can be done to make sure that they do not cause injury/illness</p> <p>E. Explain the importance of being physically active</p> <p>E. Demonstrate the importance of dressing appropriately in varying types of weather</p> <p>E. Demonstrate how to avoid infecting others with germs</p> <p>E. Recognize the necessity of washing hands to prevent the transmission of germs</p>

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		<ul style="list-style-type: none"> E. Practice proper hygiene by washing hands and covering mouth E. Discuss the importance of eating healthy E. Discuss the importance of drinking an adequate amount of water E. Explain the importance of eating a variety of food E. Identify sources of sugar in one's diet E. Discuss the food groups E. Recognize the importance of brushing one's teeth E. Discuss when to brush teeth E. Discuss dental terms, such as dentist, flossing, tooth decay, etc.