

GROWING HEALTHY - GRADE ONE

Growing Healthy Objectives	Health Benchmarks	Science Arts Benchmarks	Language Arts Benchmarks
Intro Phase Day 1	Identify the elements of good health. 3:2:a Understand the importance of achieving and maintaining good health. 3:2:b Recognize level of current personal health. 3:2:c	Explore how various tools benefit mankind. 5:1:a	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 2	Recognize characteristics of emotional, social, and physical health. 1:2:b		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 3	Recognize the importance and consequences of feelings. 1:1:a Recognize characteristics of emotional, social, and physical health. 1:2:b		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 4	Recognize characteristics of emotional, social, and physical health. 1:2:b		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Explain the relationship between purpose and organization. 4:1:a Present information in a clear and logical form. 4:1:b
Day 5	Recognize the importance and consequences of feelings. 1:1:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c

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Day 5 (Continued)	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Identify helpful listening techniques used in decision-making situations. 3:1:b Identify non-verbal clues that are used when communicating. 3:1:c
Day 6	Recognize cultural differences and similarities among people regarding health. 2:1:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 7	Identify examples of social pressure. 3:1:b		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify helpful listening techniques used in decision-making situation. 3:1:b
Day 8	Recognize the importance and consequences of feelings. 1:1:a	Identify ways offspring are like their parents. 3:2:a	
Day 9	Identify professional services needed for maintaining personal health. 2:3:a Choose age-appropriate healthy behaviors. 3:3:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 10	Identify harmful behaviors. 3:1:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c

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Day 10 (Continued)	Identify examples of social pressure. 3:1:b Identify practices which promote personal well-being. 3:1:c		Identify helpful listening techniques used in decision-making situations.. 3:1:b Identify non-verbal clues that are used when communicating. 3:1:c
Day 11	Recognize behaviors which help or hinder effective communication. 4:2:b Identify situations which cause conflict. 4:3:a Identify positive ways to solve conflicts. 4:3:b Recognize and use refusal and cooperation skills. 4:3:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify various barriers to effective listening and viewing, e.g., distractions. 3:1:a Identify helpful listening techniques used in decision-making situations. 3:1:b Identify various non-verbal speaking techniques. 4:3:a

<u>Phase One</u>			
Day 1	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 2	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 3	Identify appropriate health practices that affect self and others. 1:1:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Identify helpful listening techniques used in decision-making situations. 3:1:b

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Day 4	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 5	Recognize the importance and consequences of feelings. 1:1:a		Draw upon prior knowledge and experience to understand unfamiliar text. 1:1:c

Phase Two			
Day 1	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		Apply simple conventions of language in written work. 2:1:a
Day 2	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a Identify healthy ways to express needs, wants, and feelings. 4:2:a	Explore ways that matter can change. 2:2:a	Draw upon prior knowledge and experience to understand unfamiliar text. 1:1:c Use organization skills to assist in recall of oral/visual information. 3:3:c
Day 3	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 4	Identify healthy ways to express needs, wants, and feelings. 4:2:a		Identify various barriers to effective listening and viewing, e.g. distractions. 3:1:a
Day 5	Identify common health problems of children. 1:2:c Identify characteristics of healthy community. 5:1:a Recognize how community health plans /strategies affect all. 5:2:c	Identify changes that occur on Earth. 4:1:b	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Use various resources to support oral presentations, e.g. drawings, posters. 4:3:c

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Day 6 Station 1	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 7 Station 2	Identify characteristics of healthy community. 5:1:a		
Day 8 Station 3	Identify various communication techniques used with family and peers. 4:1:b		Identify helpful listening techniques used in decision-making situations. 3:1:b
Station 4	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		
Station 5	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		
Day 9	Recognize ways to communicate care and consideration for self and others. 4:1:a		Identify the qualities that make oral and visual information accurate and valid. 3:2:b

<u>Phase Three</u>			
Day 1	Recognize characteristics of emotional, social, and physical health. 1:2:b		
Day 2	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		
Day 3	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c

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Day 3 (Continued)	Recognize characteristics of emotional, social, and physical health. 1:2:b		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 4	Recognize characteristics of emotional, social, and physical health. 1:2:b		
Day 5	Identify major body parts and related functions (e.g. heart –pumping blood). 1:2:a		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 6	Identify effective interpersonal communication skills. 4:1:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 7	Identify health practices which help prevent disease. 1:3:c		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c

<u>Phase Four</u> Day 1	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Identify common health problems of children. 1:2:c</p> <p>Identify information available from health care providers/ services in the community. 1:3:a</p> <p>Identify various health care requirements and policies that affect safety and well being. 1:3:b</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify helpful listening techniques used in decision-making situations. 3:1:b</p>
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Day 2	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Identify common health problems of children. 1:2:c</p> <p>Identify information available from health care providers/ services in the community. 1:3:a</p> <p>Identify various health care requirements and policies that affect safety and well being. 1:3:b</p> <p>Identify health practices which help prevent disease. 1:3:c</p> <p>Recognize how medical advances help maintain wellness. 5:1:c</p>		Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 3	Identify information available from health care providers/ services in the community. 1:3:a	Explore ways to respond to various environmental and social concerns. 5:2:b	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c
Day 4	<p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Identify the variety of options in health care services/ treatments. 2:3:b</p> <p>Understand the importance of following a prescribed treatment. 2:3:c</p> <p>Recognize resources needed to implement health plans. 5:2:b</p>	Explore ways to respond to various environmental and social concerns. 5:2:b	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify various barriers to effective listening and viewing, e.g. distractions. 3:1:a</p>

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Day 5	<p>Identify various health care requirements and policies that affect safety and well being. 1:3:b</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify helpful listening techniques used in decision-making situations. 3:1:b</p>
Day 6	<p>Identify personal choices that affect health. 3:3:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p>
Day 7	<p>Identify harmful behaviors. 3:1:a</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p>		
Day 8	<p>Identify health practices which help prevent disease. 1:3:c</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify ways to advocate health in families and schools. 5:3:b</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p>
Day 9	<p>Identify the role of various local health agencies and /or services. 2:2:a</p>	<p>Explore how various tools benefit mankind. 5:1:a</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p>

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Day 9 (Continued)	<p>Identify the benefits of various local health resources. 2:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p> <p>Identify examples of technology used in health. 2:1:c</p>		Identify helpful listening techniques used in decision-making situations. 3:1:b
Phase Five			
Day 1	Identify good personal hygiene practices. 1:1:b		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 2	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify age-appropriate health –related vocabulary. 4:2:c</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify various barriers to effective listening and viewing, e.g. distractions. 3:1:a</p>
Day 3	Identify the attributes of personal responsibility. 3:3:b		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 4	<p>Identify harmful behaviors. 3:1:a</p> <p>Identify examples of social pressure. 3:1:b</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Identify various barriers to effective listening and viewing, e.g. distractions. 3:1:a</p> <p>Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a</p>

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Day 4 (Continued)			Identify the qualities that make oral and visual information accurate and valid. 3:2:b Identify characteristics that make some presentations more exciting than others. 3:2:c
Day 5	Identify how the media affects (sic) thoughts, feelings, and personal health. 2:1:b Identify examples of technology used in health. 2:1:c	Explore ways human activity affects the environment. 5:1:b	Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a Identify the qualities that make oral and visual information accurate and valid. 3:2:b Identify characteristics that make some presentations more exciting than others. 3:2:c
Day 6	Identify harmful behaviors. 3:1:a Identify practices which promote personal well-being. 3:1:c		Identify helpful listening techniques used in decision-making situations. 3:1:b
Day 7	Identify professional services needed for maintaining personal health. 2:3:a		
Day 8 Station 1	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		
Day 9 Station 2	Identify major body parts and related functions (e.g., heart -pumping blood). 1:2:a		

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<p>Day 10 Station 3</p> <p>Station 4</p> <p>Station 5</p>	<p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify the role of various local health agencies and /or services. 2:2:a</p> <p>Identify the benefits of various local health resources. 2:2:b</p> <p>Explain the availability of local health services and agencies. 2:2:c</p>	<p>Explore scientific investigations. 1:2:a</p>	<p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>