



HEALTH
FIRST GRADE
17.00200

First Grade Health Education Standards

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Students in first grade learn about their body's systems and various health topics. They begin to understand how their decisions can impact their health and well-being now and in the future. Students begin to relate choices with consequences. They begin to examine the influence of the media on health decisions and to identify ways to access reliable information. They exhibit respect for self, others, and the environment.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First grade students will understand how healthy behaviors impact personal health and disease prevention.

- a. Tell how healthy behaviors impact personal health and wellness.
- b. Describe ways to prevent communicable diseases.

HE1.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. First grade students will recognize and identify internal factors that influence their personal health.

- a. Identify how family influences personal health practices.
- b. Identify what the school can do to support personal health practices

HE1.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. First grade students will list valid health resources to enhance their health

- a. List the roles and responsibilities of professionals who assist with enhancing health
- b. Identify ways to locate school and community health helpers.

HE1.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. First grade students will understand their personal feelings as the basis for strengthening their relationships and avoiding conflicts.

- a. Recognize ways to respond when in an unwanted, threatening, or dangerous situation.

- b. Discuss ways to tell a trusted adult if threatened or harmed.

HE1.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision making skills to identify, apply, and maintain health-enhancing behaviors. First grade students will list health-related situations, as well as identify people who can assist them with solving problems, in order to make health-enhancing decisions.

- a. List health-related situations.
- b. Identify people who can help solve problems and make decisions.

HE1.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. First grade students will identify actions needed to achieve short-term health goals, as well as who can assist them in achieving their goals

- a. Identify actions needed to achieve a short term personal health goal.
- b. Identify who can assist you in achieving health goals outside your family.

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. First grade students will identify steps to maintain or improve personal health.

- a. Practice health behaviors to maintain personal health and wellness
- b. Model behaviors that reduce health risks.

HE1.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. First grade students will demonstrate healthy skills to encourage others to practice healthful behaviors.

- a. Obtain assistance to promote health and wellness.
- b. Make requests to promote personal health.