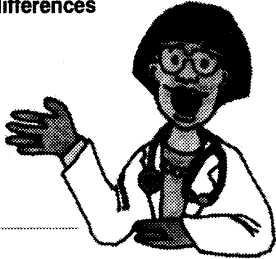


THE GREAT BODY SHOP

GRADE 1 TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety	Nutrition	Functions of the Body	Growth & Development/ The Cycle of Family Life	Disease and Illness Prevention (Including HIV)
<ul style="list-style-type: none"> • Careless and careful behavior • Predicting consequences of actions • Being responsible • Rules of safe play • Safe and unsafe fire prevention routines • Keeping your body safe • Routines for body care • Private body parts • Types of touches • How to yell and tell • Refusal skills 	<ul style="list-style-type: none"> • Role of food • Effects of healthful and unhealthful foods • Setting goals • Decision-making steps • How food turns into energy • Learning the path of food through the body • Food handling methods • Food pyramid rules • Influence of culture and family 	<ul style="list-style-type: none"> • Identifying body parts and functions: heart, lungs, liver, teeth, five senses, brain, skin, ears, mouth, blood, stomach and intestines • Safety routines to protect body • Heeding body signals • Talking and listening • Speaking and hearing problems 	<ul style="list-style-type: none"> • Muscles and bones • Growth and development throughout the life cycle • Exercising at all ages • How to have family fun • Being responsible • Setting goals • How to cooperate • Respecting individual differences 	<ul style="list-style-type: none"> • Illness symptoms • Self care • Consequences of poor care • Knowing about germs • Fighting germs • Expressing empathy • Following directions • Personal and Community hygiene rules • Common childhood illnesses • Vaccines
Substance Abuse Prevention	Community Health & Safety (With Violence Prevention)	Self Worth, Mental and Emotional Health	Environmental and Consumer Health	Physical Fitness
<ul style="list-style-type: none"> • Identifying drugs (tobacco, alcohol, medicines) • Knowing the effects of drugs • Locating trusted adults for help • Respecting community helpers • Rules, laws for preventing drug abuse • Routines for healthy living • Refusal skills • Predicting consequences of not following medicine rules 	<ul style="list-style-type: none"> • Rules to keep you safe in key situations • Thanking community helpers • Role playing different at-risk situations • Practicing asking for help • How to read, write and speak name, address and phone number • Knowing when you need what help • Refusal skills • Avoiding violence • Bully prevention 	<ul style="list-style-type: none"> • Identifying personal talents, qualities and feelings • Methods of communication • Respecting self and others • Helping others • Setting goals • Using refusal skills • Locating trusted adults • Talking about feelings • Making friends • Positive character traits 	<ul style="list-style-type: none"> • Basic needs of humans • Clean and polluted air • How to avoid smoke and smog • Effects of air pollution on lungs • Identifying community health/safety professionals and services • Rules for health care products • Proper storage of health care products • Practicing advocacy • How to access health services and products 	<ul style="list-style-type: none"> • Relationship between exercise and nutrition • Respiratory health • Strong muscles and bones • Defining physical fitness • Benefits of exercise throughout life • Safety routines • Good sportsmanship and anger management • Goals for self and others • Types of physical activities • Fitness pyramid