

ASD Academic Plan

Health: 1st Grade

Grade Level: 1st Grade	<p>Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate knowledge and skills necessary to maintain and improve over-all health and well-being.</p> <p>Overall Goals:</p> <ul style="list-style-type: none"> • To facilitate understanding of fundamental health concepts and disease prevention • To build respect for and promote the health and well-being of one's self and others through appreciation of positive personal and community health values and good communication skills • To promote acceptance of personal responsibility for health enhancing behaviors and reduction of health risks through the use of critical thinking skills • To provide for the informed use of health related information, products, and services • To build resiliency into the process of growth and development
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Getting Started	Head to Toe	Happy, Sad and In Between	Drugs Are Trouble
Class Rules and Responsibilities Health and SEL Getting to Know You Working Together	Head to Toe Blood Goes Around and Around I Take Good Care of My Body My Body is Extra Special	We Have Many Feelings Talking Helps Me Feel Better Cool Dude Gets Mad My Body is Private	What Are Drugs? No Smoking, Please! Drinking Can Make You Sick Safe and Strong
Look Out!	Why Do We Eat?	Get Well Soon	Run, Jump and Skip
Look Out Be Careful When You Play Fire Can Hurt You Who Knows the Rules?	Why Do We Eat? Food In Your Body What Is Healthful Food? Which Foods To Choose	Getting Sick Germs Getting Better Do Not Share Your Germs	Run, Jump and Skip Wonder Willie Getting Better All the Time Fair Play
Personal Safety	All About Medicines		
My Body is Special Different Types of Touches The Just Say No Steps	All About Medicines Who Can Give Medicine? What Does Medicine Do? Medicine Can Mean Trouble		