



Health and Physical Education

Course: Health
Elementary School: Grade 1

Essential Course Information

- Major Revision
- All Year

Course Overview

These courses provide a basic foundation of important health topics. The concepts in these units lay the framework for proper overall health and wellness.

Unit	Estimated Class Time	Overview
<u>Unit 1 Personal Growth & Development</u>	9	In this unit, students will learn how to apply personal hygiene habits that will support overall wellness on a daily basis. Students will learn that our body systems work together to perform vital functions in our bodies. Students will apply knowledge of the five food groups to make healthy food choices. Students will learn that maintaining proper nutrition is a lifelong skill that is the basis for overall health and wellness.
<u>Unit 2 Social & Emotional Health</u>	16	In this social & emotional Health (SEL) unit, students will learn and apply character development traits on a daily basis. Students will learn that feelings and emotions are natural and applying them effectively will lead to healthy decision-making. Students will learn that stress is a normal occurrence and dealing with it in a healthy way will lead to overall wellness. Finally, students will learn that dealing with conflicts using conflict resolution strategies is the best way to get to a peaceful solution.
<u>Unit 3 Personal Safety</u>	9	In this personal safety unit, students will learn the importance of practicing safe and appropriate behaviors that lead to overall health and wellness. Personal safety strategies support our overall well-being. Students will also apply their knowledge of pedestrian and traffic safety to make healthy, safe choices. Personal Safety leads to overall safety.
<u>Unit 4 Health Conditions, Diseases & Medicines</u>	3	In this health conditions, diseases, and medicines unit, students will apply personal safety strategies to maintain overall wellness. Students will learn and apply knowledge of dental health to maintain proper oral hygiene. Finally, students will apply personal hygiene strategies to avoid illness and prevent the spread of illness.
<u>Unit 5 Drug Education</u>	3	In this drug education unit, students will learn the importance of following personal safety strategies when taking medication. Following prescription labels and instructions is an essential part of using medication correctly and safely. Students will apply knowledge of the effects of tobacco abuse on overall health and safety. Finally, students will learn basic knowledge of alcohol, tobacco, and other drugs.

Content Continuum

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INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. **Google Slides** - Pear Deck and Google Slide presentations
2. **Youtube Videos** - videos related to the topic and unit.
3. **Smartboard** - to present material.
4. **Supplies** - construction paper, poster board, pencils, crayons/markers, and other materials needed for projects/PBA's.
5. **Google Classroom** - to upload lessons and receive feedback from students.
6. **Chromebooks** - to use with Google Classroom, Google Slides, and Pear Deck.
7. **Technology** - various technology tools to aid in the delivery of instruction.

KEY FEATURES OF REVISION

- Technology integration
- Technology Standards and Career Ready Practice Standard in each Unit
- Student Presentation Opportunities
- PBA's

Special Education students and Differentiation strategies will be included in the fall during the next curriculum writing cycle.

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