

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Community/Environmental Health

Grade: 1
MLR Span: K-2

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

B1. Identify which school and community health helpers are needed in given situations.

1. Identify community safety helpers.
2. Demonstrate appreciation to community safety helpers through projects.
3. Practice asking for help including reading, writing and saying your name, address and phone number.
4. Use Decision Making Steps to decide which community safety helper to contact.

Great Body Shop
Volume: 1
Unit Name: Look Out!
Lesson #: 4
Lesson Title: Who Knows The Rules?

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Safety & Accident Prevention

Grade: 1
MLR Span: K-2

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C4. Demonstrate a variety of safety skills for different situations (e.g., pedestrian, bus, fire, auto, and bicycle safety).

1. Identify the dangers of fire, ways to prevent fires, and what to do in case of fire.
2. Explain the importance of protecting others.
3. Create a fire escape/safety plan.
4. Predict what could happen if children play with fire.

Great Body Shop
Volume: 1
Unit Name: Look Out!
Lesson #: 3
Lesson Title: Fire Can Hurt You

C4. Demonstrate a variety of safety skills for different situations (e.g., pedestrian, bus, fire, auto, and bicycle safety).

1. Distinguish between “safe,” “confusing” and “unsafe” touches.
2. Identify trusted adults who can help in situations involving personal safety.
3. Define the term “private parts” and describe rules of personal safety.

Home School Coordinator

B1. Identify which school and community health helpers are needed in given situations.

MSAD #54 Curriculum Format

Content Area: Health Education

Grade: 1

Health Strand: Prevention & Control of Disease and Disorders

MLR Span: K-2

A. MLR Content Std:

A. HEALTH CONCEPTS

Students will understand health promotion and disease prevention concepts.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

A2. Describe the transmission and prevention of communicable diseases.

1. Define germs and discover how they spread.
2. Show respect for others by promising to try not to spread germs.
3. Practice ways to keep germs from spreading.
4. Compare and contrast a communicable and non-communicable illness.

Great Body Shop
Volume: 1
Unit Name: Get Well Soon
Lesson #: 2
Lesson Title: Germs

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Family Life

Grade: 1
MLR Span: K-2

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

D2. Explain how information from school and family influences health.

1. Describe some of the changes that can happen in families and some of the effects of those changes.
2. Show ways that you can be responsible in helping yourself and your family at a time when the family is changing.
3. Role-play some major changes that might happen to families and what you can do to help.
4. Analyze how a major family change, such as moving to a new town or adding a new baby, would affect each member of the family.

Great Body Shop
Volume: 2*
Unit Name: Babies And How You Grew
Lesson #: 3
Lesson Title: Families Grow And Change, Too

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Nutritional Health

Grade: 1
MLR Span: K-2

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C3. Choose healthful foods.

1. List a variety of healthful and less healthful foods, and their effects upon the body.
2. Explain the relationship between feelings, appetite, and food choices.
3. Set goals by planning a healthful meal.
4. Compare and contrast healthful and less healthful foods.

Great Body Shop
Volume: 1
Unit Name: Why Do We Eat?
Lesson #: 3
Lesson Title: What is Healthful Food?

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Personal Health – Physical

Grade: 1
MLR Span: K-2

MLR Content Std: F. DECISION-MAKING AND GOAL SETTING
Students will learn how to set personal goals and make decisions that lead to better health for themselves, their families, and the community.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

F2. Set a short-term personal health goal.

1. Define the words “physically fit” and explain how good food, exercise, and sleep help you to be physically fit.
2. Show how good it makes you feel to set a goal and reach it.
3. Set a health goal that you can reach in one week.
4. Predict the consequences of having a positive attitude while trying to reach a goal.

Great Body Shop
Volume: 1
Unit Name: Run, Jump and Skip
Lesson #: 2
Lesson Title: Wonder Willie

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Personal Health - Mental & Emotional

Grade: 1
MLR Span: K-2

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

E. COMMUNICATION SKILLS
Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.

MLR Performance Indicators	MSAD #54 Objectives	Instructional Resources/Activities
Students will be able to:	The student will:	
C5. Apply coping strategies when they feel too excited, anxious, angry, or out of control.	1. List at least five ways that people can communicate with each other.	Great Body Shop Volume: 1 Unit Name: Talk And Listen Lesson #: 3 Lesson Title: People Talk In Many Ways
E1. Demonstrate healthy ways to express needs, wants, and feelings.	2. Develop respect for the amazing variety of languages that people use to communicate.	
E2. Distinguish between verbal and nonverbal communication.	3. Practice speaking and listening in different ways.	
	4. Compare the way you talk when you are sad or mad or glad.	
B1. Identify which school and community health helpers are needed in given situations.	1. Recognize feelings and the verbal and non-verbal cues associated with each.	Home School Coordinator
C5. Apply coping strategies when they feel too excited, anxious, angry, or out of control.	2. Practice using conflict resolution and problem solving skills for avoiding fights and arguments.	
E1. Demonstrate healthy ways to express needs, wants, and feelings.		

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Substance Use & Abuse

Grade: 1
MLR Span: K-2

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C1. Differentiate between safe and harmful substances found at home and school.

1. Identify what is and what is not medicine.
2. Commit to informing others about the dangers of taking medicines not prescribed for them.
3. Practice differentiating between medicines and non-medicines.
4. Compare and contrast candy to chewable vitamins or chewable pain reliever.

Great Body Shop
Volume: 1
Unit Name: All About Medicine
Lesson #: 1
Lesson Title: All About Medicines

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Growth & Development

Grade: 1
MLR Span: K-2

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

D2. Explain how information from school and family influences health.

1. Describe how much more you are able to do with your muscles and bones than you were able to do when you were a baby.
2. Show how you can help to make exercise important in your family.
3. Plan and practice different games and exercises that are good for different parts of your body.
4. Use the Decision Making Steps to choose healthful ways to have fun alone and with others.

Great Body Shop
Volume: 1
Unit Name: Run, Jump And Skip!
Lesson #: 3
Lesson Title: Getting Better All the Time

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Consumer Health

Grade: 1
MLR Span: K-2

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

D1. Describe the influences of media on health.

1. Tell what tobacco and nicotine are and explain the harmful effects of smoking.
2. Build appreciation for laws and community helpers who try to protect people from the dangers of smoking, including passive smoking.
3. Make a plan to do things to help keep your lungs healthy.
4. Compare and contrast what advertisements say about smoking with what you have learned.

Great Body Shop
Volume: 1
Unit Name: Drugs Are Dumb
Lesson #: 2
Lesson Title: No Smoking, Please!