

MCCSC 1st Grade Health Curriculum

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Teaching Unit: Community Health				
	Benchmark	Lesson Behavioral Objectives	Michigan Model - Phase & Lesson	Materials in the Health Tub at your School
1.1.8	Explain basic health terms and concepts.	“My Neighborhood & Community” How to be responsible for self and get along with others	Lesson I-1	Puppet Set
1.2.1	Identify resources from home, school, and Community Health that provide valid health information.	Identifies parents, school nurses and pediatrician, pharmacists as sources of valid health information.	Lesson II-7, II-8	Telephone, Telephone Procedure Poster, What Tadoo with Secrets
1.2.4	Explain the meaning of basic signs and symbols and warning labels.	Learning to read street safety signs and signals.	Lesson II-1, II-2	Peter and Amanda Walk Safely, Safety Rules and You
Teaching Unit: Emotional & Mental Health				
1.3.1	Demonstrate how to apply skills to manage stress.	Discuss the importance of friends, but the reason why we don't have clubs/cliques. The negative feelings of teasing and feeling left out.	Lesson I-8	Courtesy in Caring Video
1.3.2	Demonstrate how to apply coping strategies when feeling anxious, upset, angry, too excited or out of control.	How to accept responsibility for ones own feelings and how to use skills to settle down.	Lesson I-5, I-6, I-7	Double Dip Feelings: Stories to Help, Puppet Set,
1.3.3	Demonstrate ways to avoid trouble and how to seek help in threatening situations.	Develop awareness as related to touch: "good touch, bad touch". If bad touch happens it is not their fault and what to do about it.	Lesson I-2, II-8, II-9	Three D's for Telling, What Tadoo with Secrets Video
1.3.4	Demonstrate the ability to assess personal health perceptions and behaviors.	Understand differences between self and others. Recognize what makes them special and unique from others.	Lesson VI-7	
Teaching Unit: Family Health & Sexuality				

1.4.3	Explain that the media influences thoughts, feelings, perceptions and health behaviors.	Understand that there are many types of families that we see in movies and real life. (Two parent, single parent, blended families, step parent, extended families, foster families, adopted families). Identify different family member roles.	Lesson I-3, I-4,	Families are Different
Teaching Unit: Growth and Development				
1.1.3	Describe the relationship between physical health and emotional health.	Explain how emotional health can sometimes effect your internal organs (i.e. Stress=stomach ache).	Lesson V-1, V-4, V-5	Alexander and the Terrible Day, Hokey Pokey Song
1.1.4	Describe the basic structure and functions of the human body systems.	Recognize the existence of internal organs and functions and body parts working together. Explain living and non-living and how the body needs nutritious food and water for energy, Growth and Development body health.	Lesson V-2, V-3, V-6, V-7, V-8, VI-1, VI-2, VI-3	Anatomy Apron, Heart Healthy Exercise, Living Things Poster, Learning Basic Skills Through Music
Teaching Unit: Nutrition				
1.2.2	Explain that media influences the selection of health products.	Explain how TV uses free prizes or crazy commercials to encourage children to want to eat certain foods. Discuss choices and healthy vs. unhealthy snacks.	Lesson V-7, V-8, V-10	
Teaching Unit: Personal Health				
1.1.1	Identify responsible health behaviors.	Understand that germs can be spread and can result in illness, but there are things we can do to be responsible. (Wash hands, cough into elbow, not come to school when we are sick)	Lesson IV-1, IV-2, IV-3, IV-4	Cover Your Sneeze Header, Bernstein Bears go to the Doctor Book, Germs Make me Sick Book, Knee Hammer, Stethoscope, Those Mean Nasty Germs Book, Thumbs up for Kids: AIDS Education Video

1.1.2	Explain the relationship between personal health behaviors and individual well being.	Describe how plenty of sleep helps one grow, learn and feel well. Explain how much sleep a typical 6 or 7 year old needs.	Lesson V-4, V-5	Alexander and the Terrible Day Book,
1.1.6	Identify signs of illness in children.	Demonstrate understanding of basic disease prevention techniques such as (covering sneezes and coughs, disposing of tissues, washing hands, not sharing personal items or eating utensils, keeping hands out of mouth, ears & nose.	Lesson IV-1, IV-2, IV-3, IV-4	Bernstein Bears go to the Doctor Book, Cover Your Sneeze Header, Germs Make me Sick Book, Knee Hammer, Stethoscope, Those Mean Nasty Germs Book
1.3.5	Demonstrate personal hygiene skills.	Describe good tooth-brushing and flossing habits.		
1.4.1	Describe how the family influences personal health behaviors.	Recognize that family and personal habits effect students health: wearing seatbelts, good eating habits, checkups, physical activity with your family (walks, bike-rides, skating etc.)	Lesson V9, V-10	
1.4.2	Explain that individuals have different cultural backgrounds that influence personal health behaviors.	Ones physical and recreational activity choices may be influenced by one's cultural background.	Lesson V-9	
1.4.4	Describe ways technology can influence health and health behaviors.	Describe how cars, TV, drive-through's and other technology makes us less active. But technology is also used to keep us active- Bike machines, treadmills, pedometers. Understanding the benefits of movement.		
Teaching Unit: Safety and First Aid				
1.1.5	Describe ways in which a healthful school and Community Health environment influences personal health.	Describes how a clean school and Community Health environment prevents the spread of germs.	LessonV-2, V-3, V-4	
1.1.7	Explain how childhood injuries and illnesses can be prevented or treated.	Discuss accident prevention, seatbelt safety, safety signs, and signals, bus, bicycle, poisons, water, fire.	Lesson I-1 (enhancer)II-1, II-2, II-3, II-4, II-5, II-6, III-3	Puppet Set, Peter and Amanda Walk Safety Book, Safety Belt, Safety Rules

				and You Video, Bicycle Basics with Safetysaurus
1.2.3	Demonstrate the ability to locate school and Community Health helpers.	Name the various school health helpers: Crossing guards, social workers, cafeteria workers, Nurse and nurses aid, playground monitors, etc	Lesson I-9, II-8,	What Tadoo With Secrets Video, Puppet Set, Story Cards, Storyboard
1.3.6	Demonstrate safety skill needed to avoid injury.	Discuss personal safety such as avoiding dangerous situations.	Lesson II-7, II-8	What Tadoo With Secrets Video, Telephone, Telephone Procedure Poster
Teaching Unit: Substance Use and Abuse				
1.7.1	Demonstrate the ability to express information and ideas about health issues.	Understand that communication to an adult figure regarding situations involving Substance Use and Abuse or other drugs is necessary even if the situation involves a family member.	Lesson I-9, II-9, III-2, III-3, III-4	Puppet Set, Story Cards, Storyboard, Three D's For Telling,
Teaching Unit: Alcohol tobacco and Other Drugs				
1.5.6	Demonstrate refusal skills to enhance health.	Demonstrate how to say no, state a reason, suggest an alternative, say no again, walk away and get help to avoid the situation.	Lesson I-9, III-2, III-3	Puppet Set, Story Cards, Storyboard