

Grade 1

Adopted 2016

Comprehend concepts related to health promotion and disease prevention to enhance personal health.

1. Describing healthy behaviors; [A.1.1](#)
2. Giving examples of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices; [A.1.2](#)
3. Identifying ways to prevent the spread of germs; [A.1.3](#)
4. Identifying environmental factors that can affect health; [A.1.4](#)
5. Identifying ways to be safe and healthy at school and in the community; [A.1.5](#)
6. Identifying common childhood injuries and their treatment; [A.1.6](#)
7. Identifying reasons for seeing a health care professional; and [A.1.7](#)
8. Identifying basic body systems such as circulatory, respiratory, cardiovascular, skeletal, muscular, digestive, and nervous. [A.1.8](#)

Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

1. Describing ways a family practices health promotion; [B.1.1](#)
2. Identifying ways that peers influence behavior; [B.1.2](#)
3. Identifying ways in which schools promote personal health practices and behaviors; and [B.1.3](#)
4. Identifying examples from different media sources that influence health. [B.1.4](#)

Demonstrate the ability to access valid information, products, and services to enhance health.

1. Describing ways adults can help promote health; and [C.1.1](#)
2. Describing school and community health and safety resources. [C.1.2](#)

Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. Showing how to share feelings in a healthy way; [D.1.1](#)
2. Describing ways listening is a respectful and caring behavior; [D.1.2](#)
3. Describing and demonstrating how to use a variety of refusal skills; and [D.1.3](#)

4. Describing how to get help in a dangerous situation. D.1.4

Demonstrate the ability to use decision-making skills to enhance health and safety.

- 1. Identifying steps in making safe and healthy decisions;** E.1.1
 - 2. Identifying examples of responsible safety and health-related decisions;** E.1.2
 - 3. Identifying ways to solve safety and health-related issues or problems;** E.1.3
 - 4. Identifying possible consequences of choices when making safety and health-related decisions.** E.1.4
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Demonstrate the ability to use goal-setting skills to enhance health.

- 1. Explaining types of healthy habits; and** F.1.1
 - 2. Identifying a goal and who can help achieve that goal.** F.1.2
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Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 1. Identifying examples of healthy behaviors toward self and others;** G.1.1
 - 2. Telling ways to maintain or improve personal health behaviors; and** G.1.2
 - 3. Explaining harmful or risky behaviors to health.** G.1.3
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Demonstrate the ability to advocate for personal, family, and community health.

- 1. Expressing how to ask others to assist in promoting health;** H.1.1
 - 2. Showing how peers can make positive health choices; and** H.1.2
 - 3. Listing a variety of health-related messages.** H.1.3
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