



Diocese of Greensburg Curriculum

Health Grade 1

Unit	Standards	Content	Skills
<p>My Feelings</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>G. Know, demonstrate, and identify the steps of a decision- making process</p> <p>10.3 Safety & Injury Prevention 10.3 Safety and Injury Prevention</p> <p>C. Recognize conflict situations and identify strategies to resolve them</p> <hr/> <p>PA: Grade 3</p> <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Identify the steps in a decision-making process.</p> <p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> • walk away • I-statements • refusal skills • adult intervention <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Conflict Resolution • Self-Esteem • Anger Management • Coping Strategies 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Solve problems through conflict resolution. • Develop coping strategies to manage their emotions. • Analyze good from bad choices. • Utilize their faith in the decision making process. • Recognize their own self-worth and enhance self-esteem.

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<p>Personal Hygiene/Teeth</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>A. Know the relationship between personal health practices and being healthy</p> <p>C. Know and use personal health practices</p> <p>E. Identify common health related signs, symbols, and products that help keep the body healthy</p> <p>PA: Grade 3</p> <hr/> <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify personal hygiene practices that promote health and prevent the spread of disease.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Germ Awareness • Cleanliness • Grooming 	<p>The students will be able to :</p> <ul style="list-style-type: none"> • Define and prevent the spread of germs. • Develop and understand the importance of cleanliness. • Apply good grooming skills.
<p>My Senses Help Me Grow</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>B. Identify and know the location and function of the major body organs and systems. • circulatory • respiratory • muscular • skeletal • digestive</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Growth • Sight • Hearing • Smell • Taste • Touch • Sense Organs 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Identify the senses and the sense organs used • Understand that each person grows at their own rate • Demonstrate how the senses help you learn, grow and stay safe

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<p>Nutrition</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>D. Describe why the body needs food</p> <p>E. Recognize that there are a variety of foods that can be grouped</p> <p>F. Develop an understanding of the importance of eating healthy and the role of food in keeping the body healthy</p> <p>G. Develop an understanding of the importance of drinking water to keep the body healthy</p> <hr/> <p>PA: Grade 3</p> <p>10.1 Concepts of Health</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Nutrition • Diet • My Food Plate • Food groups • Nutrients 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Compare and contrast healthy and unhealthy food choices • Illustrate My Food Plate • Investigate and summarize the information on product labels
<p>Taking Care of My Body/Safe Environment</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.2 Healthful Living</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify personal hygiene practices that promote health and prevent the spread of disease.</p> <p>D. Identify the steps in a decision-making process.</p>	<ul style="list-style-type: none"> • Keeping clean. • Brushing teeth. • Proper sleep. • Proper nutrition. • Exercise. • Safe touches. • Trusted adults. 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Identify appropriate touches and demonstrate saying no to an unwanted touch. • Identify strangers verses a trusted adult. • Demonstrate proper teeth brushing.

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	<p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize safe/unsafe practices in the home, school and community. • general (e.g., fire, electrical, animals) • modes of transportation (e.g., pedestrian, bicycle, vehicular) • outdoor (e.g., play, weather, water) • safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)</p> <p>C. Recognize conflict situations and identify strategies to avoid or resolve. • walk away • I-statements • refusal skills • adult intervention</p> <p>D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Understand how proper nutrition and sleep affect the body. • Identify the amount and intensity of exercise a person needs. • Identify the importance of cleanliness and how to stay clean.
<p>Medicines and Drugs</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>H. Begin to know how to properly use medicine (e.g., who takes medicine, who gives medicine)</p> <p>PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> • definition of drugs • effects of drugs • proper use of medicine • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs 	<ul style="list-style-type: none"> • Drug • Medicine • Prescription 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Distinguish between medicine that is helpful and drugs that are harmful. • Recognize the harmful effects of drugs. • Understand how to properly use medicine. • Compare and contrast different forms of abuse. • Determine the health, safety and hygiene risks of drug, alcohol and tobacco use.

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