



JC Schools 1st Grade Health Yearly Standards

***Units may be taught in any order, as long as all units are taught throughout the school year.*

***Social and emotional embedded throughout all of the units.*

Unit	Priority Standards	Supporting Standards
Unit 1 Nutrition	1.ME.2.A.b Recognize that food fits into different groups and that different amounts are needed from each food group for healthy eating (i.e., grains, fruits, vegetables, dairy, beans, meats).	1.ME.2.A.a Recognize that foods come from plant and animal sources and provide the body with fuel (energy). 1.ME.2.C Recognize that packaged food products contain labels:-
Unit 2 Structure/ Function of Body	1.FS.1.A Illustrate the functions of the five senses (e.g., eyes to see). 1.FS.1.B Identify a muscle in each region of the body (e.g., arms, torso, legs). 1.FS.1.C Identify a bone in each region of the body (i.e., head, arms, torso, and legs) 1.FS.1.F Identify the basic components of the respiratory system (e.g., nose, mouth, lungs)	1.FS.1.E Predict what happens to your heart rate during physical activity. 1.ME.1.D Recognize that physical activity increases heart and respiratory rate.
Unit 3	1.ME.1.B Identify preventive health care (e.g., immunizations, regular health and dental check-ups)	1.ME.1.A Show the cause and effect of healthy behaviors (e.g., physical activity, sleep, good nutrition, clothing, hygiene)

Preventive Care	<p>1.RA.1.A.b Define germs, where they are found, and what harm they cause to the body</p> <p>1.RA.2.C Match safety equipment to the activity or sport</p>	<p>1.ME.2.D Illustrate proper food safety procedures (e.g., washing hands, not touching other's food, double dipping)</p> <p>1.RA.1.B Identify behaviors that prevent and reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods)</p> <p>1.RA.1.A.a Identify signs of illness and list ways to help you recover</p> <p>1.RA.1.E Recognize that bodily fluids can carry harmful diseases and that some diseases are easily transmitted while others are not</p> <p>1.RA.2.D Demonstrate specific safe practices and procedures in and around water (e.g., life jackets, buddy system, inclement weather)</p>
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