

(Suggested First Grade Health Lessons (revised 2018-2019))

The state of Kansas revised the Health Standards in July of 2018. The new standards will be used this school year to evaluate curriculum and resources. Please continue to use the current curriculum and text.

The sequence of the lessons can be determined by the classroom teacher. Harcourt Health and Fitness Grade 1 is the adopted Health book for the district. Refer to the chapters as a resource to address the standards, but don't feel limited to the book. Positive Action lessons will also provide assistance in meeting the standards.

Human Sexuality Standards (revised 2018)

1. Chapter 1 "Your Growing Body" Harcourt Health and Fitness
2. Sexuality Lessons (a district created power point will guide teachers)
3. All sexuality lessons require parent permission. An explanation letter has been provided
4. "Talking about Touch" curriculum will be taught in collaboration with The Care Center "Layla" the school counselor and the classroom teacher

Standard 1: Comprehend concepts related to health promotion and disease prevention

1. Chapter 2 "Caring for Your Body" lessons 1 and 2
2. Chapter 3 "Caring for your Teeth" lessons 1-3
3. Chapter 4 "Wonderful Food" lessons 1-3 and 5 Please supplement MyPlate for the Pyramid <https://www.choosemyplate.gov/kansas> and <http://www.farmtoschool.org> and <http://www.farmtoschool.org/our-network/Kansas> or email Jennie Lazarus JLazarus@usd497.org district Farm2 School Coordinator

Standard 2: Locate information on products and services and recognize the validity of that information

1. Chapter 2 "Caring for Your Body" lesson 3

Standard 3: Identify and demonstrate healthy behaviors to reduce health risks

1. Chapter 5 "Keeping Fit and Active" Lessons 1-4
2. Chapter 4 "Wonderful Food" Lesson 4 "Ads Affect Food Choices"
3. Chapter 6 "Being Safe" lessons 1-6
4. Chapter 7 "Avoiding Danger" lessons 1-3
5. Chapter 9 "About Medicines and Drugs" lessons 1-5

Standard 4: Describe how culture, media, technology, and other factors can influence health behaviors

1. Chapter 2 "Taking Care of Your Body" Lessons 2 and 3

Standard 5: Demonstrate the ability to use interpersonal communication skills to enhance health

1. Chapter 10 Lessons 1-4 "You Have Feelings"

Standard 6: Demonstrate the ability to use goal setting and decision-making skills to enhance health

1. Chapter 9 "About Medicine and Drugs" lesson 9
2. Chapter 2 "Life Skills Set Goals"
3. Chapter 12 Life Skills Lesson on Making Decisions

Standard 7: Demonstrate the ability to advocate for personal, family, and community health

1. Chapter 12 "A Healthful Neighborhood" Lessons 1-3
2. Chapter 8 "Staying Well" lessons 1,2, and 3