

Georgia Performance Standards

Health Education

FIRST GRADE

Students in first grade learn about their body's systems and various health topics. They begin to understand how their decisions can impact their health and well-being now and in the future. Students begin to relate choices with consequences. They begin to examine the influence of the media on health decisions and to identify ways to access reliable information. They exhibit respect for self, others, and the environment.

HE1.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. First grade students will understand how healthy behaviors impact personal health and disease prevention.

Elements:

a. Tell how healthy behaviors impact personal health and wellness.

Examples:

- Describe why being tobacco free is a healthy behavior.
- Identify the health benefits of working together to solve a problem.

b. Describe ways to prevent communicable diseases.

Examples:

- List ways to prevent germs from spreading.
- Describe the correct way to wash your hands.

Georgia Performance Standards

Health Education

HE1.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. First grade students will recognize and identify internal factors that influence their personal health.

Elements:

a. Identify how family influences personal health practices.

Examples:

- Describe how a family member can model healthy behaviors (e.g., eating healthy foods, exercising on a regular basis).
- Identify how celebrating family holidays can impact health practices.

b. Identify what the school can do to support personal health practices.

Examples:

- Identify how schools can participate in health events (e.g., Red Ribbon week).
- Explain school safety rules for the classroom, cafeteria, and playground.

Georgia Performance Standards

Health Education

HE1.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. First grade students will list valid health resources to enhance their health.

Elements:

a. List the roles and responsibilities of professionals who assist with enhancing health.

Examples:

- List the responsibilities of a school bus driver in keeping the passengers safe.
- Explain why doctors are important members of the community.

b. Identify ways to locate school and community health helpers.

Examples:

- Identify community helpers who would help with understanding ways to improve the environment.
- Discuss people in the school who can help when a student is feeling sad or hurt.

Georgia Performance Standards

Health Education

HE1.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. First grade students will understand their personal feelings as the basis for strengthening their relationships and avoiding conflicts.

Elements:

a. Recognize ways to respond when in an unwanted, threatening, or dangerous situation.

Examples:

- Describe how to avoid second hand smoke.
- Determine effective refusal skills to avoid unsafe situations.

b. Discuss ways to tell a trusted adult if threatened or harmed.

Examples:

- Give examples of when it is important to ask an adult for help when confronted with an unsafe situation.
- Demonstrate how to report a dangerous situation to an adult.

Georgia Performance Standards

Health Education

HE1.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision making skills to identify, apply, and maintain health-enhancing behaviors. First grade students will list health-related situations, as well as identify people who can assist them with solving problems, in order to make health-enhancing decisions.

Elements:

a. List health-related situations.

Examples:

- Describe situations in which students must choose between healthy and risky behaviors.
- Discuss different ways of preventing air pollution.

b. Identify people who can help solve problems and make decisions.

Examples:

- Identify various school personnel who can assist students with health-related problems (e.g., teacher, nurse, principal, and counselor).
- Identify the role of various emergency workers in the community.

Georgia Performance Standards

Health Education

HE1.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. First grade students will identify actions needed to achieve short-term health goals, as well as who can assist them in achieving their goals.

Elements:

a. Identify actions needed to achieve a short term personal health goal.

Examples:

- Identify what actions would be useful in achieving a short-term personal health goal (e.g., schedule for brushing teeth, checklist for eating healthy foods).
- Identify actions that can keep students injury free while at recess.

b. Identify who can assist you in achieving health goals outside your family.

Examples:

- Identify who can assist in teaching students how to appropriately express feelings (e.g., teacher, counselor, and parent).
- Describe ways that parents and other trusted adults can help a student meet a goal of eating more fruits and vegetables.

Georgia Performance Standards

Health Education

HE1.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. First grade students will identify steps to maintain or improve personal health.

Elements:

a. Practice health behaviors to maintain personal health and wellness.

Examples:

- Participate in a role play on how to promote cooperation.
- Demonstrate proper safety procedures to follow when exiting a burning building (e.g., crawl out quickly, go to meeting place, if clothing catches fire; stop, drop, and roll).

b. Model behaviors that reduce health risks.

Examples:

- Draw a picture of yourself eating a healthy snack.
- Act out different activities that will help your heart become stronger.

Georgia Performance Standards

Health Education

HE1.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: Students will demonstrate the ability to advocate for personal, family, and community health. First grade students will demonstrate healthy skills to encourage others to practice healthful behaviors.

Elements:

a. Obtain assistance to promote health and wellness.

Examples:

- Encourage parents and other caretakers to help students make healthy eating choices.
- Ask a parent or other trusted adult to take a walk after school to increase physical activity.

b. Make requests to promote personal health.

Examples:

- Ask a teacher for helpful suggestions when trying to resolve a conflict.
- Ask a parent or sibling to help list ways to make your home or neighborhood a safer environment.