

Health Education Interdisciplinary Curriculum Framework

Grade 1

UNIT	TEKS	INSTRUCTIONAL OBJECTIVE	1st Six Weeks	2nd Six Weeks	3rd Six Weeks	4th Six Weeks	5th Six Weeks	6th Six Weeks	
8	1.2 A	The student is expected to: <ul style="list-style-type: none"> • define safety-Teacher • demonstrate ways to remain safe by thinking ahead-Physical Ed. • demonstrate how to carry some objects that require special handling-Teacher • recognize safe places to play at home -Physical Ed. • identify some poisonous substances -Teacher • explain how to cross a street safely -Physical Ed. • identify safety behaviors when riding in a car-Physical Ed. • explain what a stranger is-Counselor • discuss fire prevention-Teacher • identify some materials that burn-Teacher • demonstrate ways to escape from a fire in school-Teacher • list some safety rules for bicycle riding -Physical Ed. • identify some safety equipment for bicycles-Physical Ed. • tell why having a safe bicycle is important Physical Ed. • define emergency-Nurse • list some emergency procedures-Nurse • demonstrate knowledge of first aid for minor cuts-Nurse 							
	1.2 B								
	1.2 A								
	1.2 B								
	1.2 E								
	1.2 G								
	1.2 A								
	1.2 H								
	1.2 G								
	1.2 F								
	1.2 F								
	1.2 F								
	1.3 A								
	1.3 A								
1.3 AB									
3	1.1 A	<ul style="list-style-type: none"> • name the four basic food groups and identify foods found in each-Teacher • identify “other” foods-Teacher • explain what makes a meal balanced -Teacher 							
	1.1 A								
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3	1.1 A	The student is expected to: <ul style="list-style-type: none"> • explain why eating balanced meals is important for good health-Teacher 						
	1.1 A	<ul style="list-style-type: none"> • identify foods that constitute a balanced breakfast, a balanced lunch, and a balanced dinner-Teacher 		-				
	1.1 A	<ul style="list-style-type: none"> • explain why eating a healthful breakfast is important for good health-Teacher 						
	1.1 A	<ul style="list-style-type: none"> • explain what constitutes a healthful breakfast-Teacher 						
	1.1 A	<ul style="list-style-type: none"> • explain what constitutes a healthful snack -Teacher 						
	1.6 AB	<ul style="list-style-type: none"> • explain that the purpose of advertising is to sell something-Teacher • recognize that ads can make foods that are healthful seem very attractive-Teacher • recognize that reading package labels can help people make healthful food choices -Teacher 						
7	1.2 CD	<ul style="list-style-type: none"> • explain what a drug is-Counselor • identify some products that contain drugs-Counselor 		-				
	1.3 A	<ul style="list-style-type: none"> • recognize that drugs can be helpful or harmful-Counselor 						
	1.2 C	<ul style="list-style-type: none"> • recognize why children should never take medicines without adult supervision-Nurse • explain some ways that medicines can be harmful-Counselor 						
	1.2 CD	<ul style="list-style-type: none"> • identify some ways drugs can affect the body-Counselor 			-			
	1.2 D	<ul style="list-style-type: none"> • identify some illegal drugs and explain why they are illegal-Counselor 						
	1.2 C	<ul style="list-style-type: none"> • recognize that some drugs have harmful effects-Counselor 						
	1.1 A	<ul style="list-style-type: none"> • recognize that medicine may not always be needed to make a person feel better-Nurse 						

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6	1.1 A	The student is expected to:						
	1.1 A	• identify some alternatives to taking medicine- Nurse						
	1.1 A	• recognize that good health habits can help prevent the need to use medicines and other drugs- Nurse						
	1.2 C	• recognize that alcohol can be harmful- Counselor						
	1.2 C	• discuss how alcohol can be harmful to a person’s health- Counselor						
	1.2 CD	• explain how certain laws try to protect people against the harmful effects of alcohol- Counselor						
	1.2 C	• recognize that smoking tobacco can be harmful to a person’s health- Counselor						
	1.2 CD	• explain how smoking tobacco can be harmful to a person’s health- Counselor						
	1.2 C	• discuss how certain laws try to protect people from the harmful effects of smoking tobacco- Counselor						
	1.2 C	• recognize that smokeless tobacco can be harmful to a person’s health- Counselor						
	1.2 C	• explain how smokeless tobacco can be harmful to a person’s health- Counselor						
	1.2 C	• discuss how certain laws try to protect people against the harmful effects of smokeless tobacco- Counselor						
	1.6 A	• recognize that advertisers are trying to sell a product- Counselor						
	1.6 B	• recognize that advertisers of alcohol and tobacco products try to make their products look as desirable as possible- Counselor						
4	1.1 A	• explain how exercise makes the body work hard- Physical Ed.						

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4	1.4 B	The student is expected to: <ul style="list-style-type: none"> • identify different ways to exercise • identify parts of the body that help the body move-Physical Ed. • identify three ways of exercising • identify and demonstrate different types of exercise-Physical Ed. • explain why stretching and cooling down exercises are important-Physical Ed. • recognize ways to exercise properly • explain the importance of goal setting and task completion-Physical Ed. • identify examples of good posture -Physical Ed. • explain ways to attain good posture -Physical Ed. 						
	1.1 A							
	1.1 A							
	1.1 A					-		
	1.1 A							
	1.3 C							
	1.4 C							
2	1.5 B	<ul style="list-style-type: none"> • identify personal health habits for keeping clean-Nurse • explain why it is important for good health to stay as clean as possible-Nurse • identify some kinds of teeth and their functions-Nurse • name some things that keep teeth healthy -Nurse • explain why the body needs adequate sleep and rest-Nurse • tell why young children need more sleep than most adults • explain the importance of good health habits involving the eyes and ears-Nurse • tell some ways to protect and care for eyes and ears-Nurse 						
	1.1 A							
	1.1 B							
	1.5B							
	1.1 B							
	1.1 A					-		
	1.1 A							
5	1.7 A	<ul style="list-style-type: none"> • recognize that harmful germs can make people ill-Nurse 						

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5	1.7 C	The student is expected to: • identify some ways to keep harmful germs from spreading- Nurse							
	1.7 C	• explain how keeping harmful germs from spreading helps others stay well- Nurse							
	1.7 B	• recognize the cold as a common example of a communicable illness- Nurse							
	1.7 A	• explain that harmful germs can spread and make other people ill- Nurse							
	1.7 ABC	• name some signs of a cold- Nurse • recognize ways to recover from a cold- Nurse							
	1.3 A	• identify some behaviors for staying healthy- Nurse							
	1.5A	• identify some health helpers- Nurse							
	1.1B	• explain the importance of getting regular- Nurse							
	1	1.4B	• describe some ways they are growing- Nurse						
		1.4 C	• describe some visible and invisible signs of growing- Nurse • recognize that learning is a way of growing- Nurse						
		1.9 ABCD	• recognize that all people have feelings- Nurse						
		1.10 AB	• name some common feelings- Nurse						
		1.9 AB	• recognize that feelings can change- Teacher						
		1.10 AB	• explain why knowing about feelings is important to good health - Teacher						

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1	1.8 A	<p>The student is expected to:</p> <ul style="list-style-type: none"> • identify some ways that people are special-Teacher • recognize that each person is special-Teacher • explain how it feels to be special-Teacher 							
	1.10AB	<ul style="list-style-type: none"> • recognize that being helpful is an aspect of getting along with others-Teacher • explain how members of a group can work together to get things done-Teacher • recognize that the health of a family is dependent on the contributions of each of its members-Teacher 				-			
	10	1.9ABCD	<ul style="list-style-type: none"> • discuss examples of respectful touches, respectful talk, and respectful actions-Counselor • understand that adults have the responsibility of helping children grow in healthful ways-Counselor 				-		
	1.9 A 1.2 H	<ul style="list-style-type: none"> • recognize that being responsible and respectful develops good feelings and about oneself and others- Teacher 				-			
	1.9ABCD	<ul style="list-style-type: none"> • discuss that some adult behaviors toward children may be disrespectful-Counselor • understand that children have the right to say “no” when someone is being disrespectful to them- Counselor 							
	1.10 B	<ul style="list-style-type: none"> • define community- Teacher 							
9	1.8 A	<ul style="list-style-type: none"> • explain that people share things like water and air- Teacher • define surroundings-Teacher 				-			
	1.8 B	<ul style="list-style-type: none"> • explain what pollution is -Teacher • identify some kinds of pollution-Teacher 					-		

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9	1.8 A 1.1 B 1.5 A 1.2 H 1.3 A 1.4 B	<p>The student is expected to:</p> <ul style="list-style-type: none"> • discuss why it is important to keep the surroundings free of pollution-Teacher • define environment and identify some ways to care for it-Teacher • explain that when everyone helps take care of the enviroment, it can make a difference- Teacher • identify some health workers-Teacher • identify some safety workers- Teacher <p>• Human Sexuality Refer to: Family Life Human Sexuality Curriculum Health Promotion Wave Materials</p>					—	