

SENECA VALLEY SCHOOL DISTRICT

CURRICULUM

Course Title: Health
Course Number:
Grade Level(s): One
Periods Per Week:
Length of Period:
Length of Course:
Credits:
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COURSE DESCRIPTION:

Health at the first grade level will include the recognition and development of appropriate health, nutrition, and safety practices in the students' daily routine.

The state has developed anchors (points of focus) in Health. The anchors specify eligible content for the content areas. The anchors include standards 1.1, 1.2, and 1.3

The Objectives that address anchors have been bolded.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	OBJECTIVES (PA standard)		
<p>I. Concepts of Health</p> <p>A. Growth and Development</p> <p>B. Nutrition 1. Food Groups/ My Plate</p> <p>C. Drug Awareness 1. Making good choices</p>	<p>Identify and describe the stages of growth and development. 10.1.3A</p> <p>List the food groups that make up My Plate. 10.1.3C</p> <p>Identify fruits and vegetables they like and expand the variety of fruits and vegetables they eat. 10.1.3C</p> <p>Explore the role of MyPlate in helping people eat a healthy diet. 10.1.3C</p> <p>Encourage good character and a drug free lifestyle</p> <p>Know age appropriate drug information (skills to avoid drugs). 10.136D</p>		

COURSE OUTLINE	OBJECTIVES (PA standard)		
III. Safety	<p>Demonstrate safe practices in emergency situations/ Understand the impact of safety choices</p> <p>Make healthy choices as they relate to health and safety situations</p> <p>Follow school safety rules, (e.g., bus, playground, classroom, cafeteria, science labs, etc.)</p> <p>Identify and use safe practices in physical activity settings. 10.3.3D</p> <p>Apply safety rules dealing with strangers (e.g., public activities, internet, etc.)</p> <p>Follow guidelines established in the school district's Acceptable Use Policy</p> <p>Recognize safe/unsafe practices in the home, school, and community. 10.3.3A</p>		
IV. Positive Social Interactions A. Self Esteem B. Differences / Diversity	<p>Recognize conflict situations and identify strategies to avoid or resolve. 10.3.3C</p>		

