

***Health and Fitness: Classroom
Essential Academic Learning Requirements***
Grade Level Expectations: 1st Grade

Name _____

Teacher _____

2.2.1 Understands how to prevent or reduce the risk of contracting a communicable disease.

Identifies ways to prevent germ transmission and diseases: (sharing food, hand washing, immunizations)	Yes	No
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2.3.1a Understands one's right to personal and physical safety.

Demonstrates the guidelines for personal and physical safety: (appropriate/inappropriate contact, personal space)	Yes	No
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2.3.1b Understands what are abusive or risky situations and how to avoid them.

Recognizes what are risky situations and how they can be avoided in the community and at home.	Yes	No
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2.3.1c Knows appropriate sources of help in emergency and non-emergency situations.

Recognizes the difference between emergency and non-emergency situations.	Yes	No
Identifies different people that you can ask for help in a non-emergency situation: (parent, teacher, adult, friend)	Yes	No

2.3.1d Understands the physical and legal consequences of using nicotine, alcohol, and other
drugs, and apply skills to resist any harmful use of substances.

Identifies a variety of substances that could be harmful to your health.	Yes	No
Lists strategies to avoid dangerous substances.	Yes	No

3.1.1 Identifies environmental factors that affect health.

Identifies different sources of air and water pollution that are harmful to a healthy body.	Yes	No
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3.2.1a Understands reliable sources of health information.

Identifies the differences between reliable and unreliable sources of health information and provides 2 examples of each.	Yes	No
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3.2.1b Understands how media provides information related to safe or unsafe behaviors that impact overall health.

Identifies different advertisements that are untruthful or stretching the truth.	Yes	No
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3.2.1c Understands health enhancing behaviors and risk reduction.

Demonstrates different ways that you can be safer in your daily life: (looking both ways to cross a street, etc.)	Yes	No
Lists the different healthy behaviors that you do each day: (brushing your teeth, getting enough sleep, eating right, exercise)	Yes	No

3.3.1a Expresses emotions appropriately to form safe and respectful relationships.

Demonstrates four different emotions and ways in which they can be expressed appropriately.	Yes	No
Explains how one should treat others with respect.	Yes	No

3.3.1b Recognizes social skills to keep out of trouble and resist pressure from others.

Gives examples of good/poor choices.	Yes	No
Explains ways to avoid negative peer pressure.	Yes	No

3.4.1 Recognizes a variety of emotions and how they affect self and others and develop strategies about how to act in emotional situations.

Explains how personal emotions affect self and others throughout the day.	Yes	No
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