

CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

Health

Grade 1

Date of Board Approval: **January 19, 2012**

CARLISLE AREA SCHOOL DISTRICT

PLANNED INSTRUCTION COVER PAGE

Title of Course: Health Subject Area: Health Grade Level: First

Course Length: (Semester/Year): Year Duration: 45 minutes Frequency: Once every two 6 day cycles

Prerequisites: Not Applicable Credit: Not Applicable Level: Not Applicable

Course Description/Objectives: The district shall provide for attainment of the academic standards per Chapter 4, Section 4.12. Each student shall demonstrate proficiency in the following area: concepts of health; healthful living; and safety and injury prevention.

Major Text(s)/Resources: None

Curriculum Writing Committee:

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Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.2.3E Identify environmental factors that affect health.	<ul style="list-style-type: none"> Identify safety hazards or risks. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Personal space is your own personal bubble of space. Safety practices and rules: standing in line, using equipment, specific building rules. 		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Following proper rules keeps us safe. Identify safety practices to follow. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Distinguish between an emergency and a non-emergency. 		
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> Identify why it is important to play safely. 		

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
No applicable standard	<ul style="list-style-type: none"> General space is space outside your bubble. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Know how to measure bike for proper fit. • Know the proper way to wear a bike helmet. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Know bike safety rule (while riding). • Identify the meaning of lights and traffic signs. • Identify pedestrian rules. 		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Following bike and traffic safety rules keeps us safe. • Perform a bike safety check. • Recognize a proper fit for a helmet. 		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Recall bike safety rules. • Identify and interpret traffic signs and signals. 		

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Following the basic fire prevention rules: matches and lighters, heaters and fireplaces, microwaves, irons and toasters. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Develop an emergency plan. Identify and practice stop, drop and roll as a fire safety measure. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Identify and practice fall and crawl as a fire safety measure. Identify a family meeting place outside your home in event of a fire. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Following fire safety rules keeps us safe. Develop emergency plan. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Practice fire safety skills: stop, drop and roll, fall and crawl. Identify fire safety rules. 		

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.2.3E Identify environmental factors that affect health.	<ul style="list-style-type: none"> Identify a home emergency. Identify poisons in your home. Recognize words or pictures that identify poisons. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Know how and when to call 911. Following home safety rules keeps us safe. Differentiate between emergency and non-emergency. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Recall the emergency phone number (911). 		
10.3.3C Recognize conflict situations and identify strategies to avoid or resolve.	<ul style="list-style-type: none"> Know when to ask an adult for help. 		

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Know what safety measures to take when home alone. Know what safety measures to take when walking home from school. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Following stranger safety rules keep us safe. Recognize unsafe situations. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Identify what to do if a strangers approaches you. 		
10.3.3C Recognize conflict situations and identify strategies to avoid or resolve.	<ul style="list-style-type: none"> Role play situations with stranger danger. 		

Unit: Safety		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> List sun protection methods. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
No applicable standard	<ul style="list-style-type: none"> Sun has harmful rays. Sun has healthful benefits. The sun can be both helpful and harmful. 		

Unit: Drug and Alcohol		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Vocabulary: poison, chemical dependency, drug. Know how to identify a poison. Know how to use medicine safely. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Recognize and know the words on medicine labels: warning, tablet. Drugs change the way a person's body works. 		
	<ul style="list-style-type: none"> Recognize that tobacco and alcohol affects the way our body functions. Identify how drugs affect our body. 		
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Identify tips to protect themselves from being harmed by poison and medicine. Brainstorm goals about medicine safety. 		
10.2.3D Identify the steps in a decision-making process.	<ul style="list-style-type: none"> Differentiate between drugs and medicines. 		

Unit: Hygiene		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> • Sneezing, coughing and blowing nose etiquette. • Know how sickness happens. • Know how to take care of your body. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> • Know why getting enough sleep is important. • Know how and why you keep teeth and hands clean. 		
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> • Summarize why tooth brushing is important. • Describe the effects of staying up too late on a school night. 		
10.2.3A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> • Know why it is important to brush and floss your teeth. • Know the importance of regular dental check-ups. 		
10.2.3A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> • Dental hygiene, cleanliness and sleep are important for wellness. • Demonstrate the proper hand washing technique. • Describe the proper tooth brushing and flossing technique. 		

Unit: Human Body		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.1.3A Identify and describe the stages of growth and development.	<ul style="list-style-type: none"> Children's bodies grow at different rates. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3B Identify and know the locations and function of the major body organs and systems.	<ul style="list-style-type: none"> Differences between bones and muscles. Identify the digestion pathway in your body. Parts of the digestive system. 		
10.1.3B Identify and know the locations and function of the major body organs and systems.	<ul style="list-style-type: none"> Your body is made up of parts that have specific functions. Explain how muscles move bones. Compare and contrast bones from muscles. 		
10.1.3B Identify and know the locations and function of the major body organs and systems.	<ul style="list-style-type: none"> Describe the route food takes through the digestive system. Label parts of the digestive system. 		
10.5.3B Recognize and describe the concepts of motor skill development using appropriate vocabulary.	<ul style="list-style-type: none"> Components of movement. 		

Unit: Nutrition		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Define portion as the amount of food you choose to eat. Define nutrition as the body's way of taking in and using food. Identify the food pyramid. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Analyze healthy fast food choices. Know the importance of eating breakfast. Identify the correct portions of food on your plate. 		
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Making good food choices helps us stay healthy. Identify five basic food groups. Recognize the food pyramid. 		
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Classify food into the five food groups. Discuss the importance of eating breakfast. Distinguish a portion size. 		
10.2.3C Identify media sources that influence health and safety.	<ul style="list-style-type: none"> Choose healthy fast food. 		

Unit: Fitness/Wellness		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> Identify the components of a proper work-out. Demonstrate proper stretching and explain its benefits. 	Teacher made tests and quizzes Chapter tests and quizzes Curriculum-based assessments Standardized tests Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.4.3B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	<ul style="list-style-type: none"> Understanding being physically fit helps us to stay healthy. 		
10.4.3C Know and recognize changes in body responses during moderate to vigorous physical activity.	<ul style="list-style-type: none"> Now the impact of exercise on heart and lungs. Explain the benefits of exercise on the heart and lungs. 		
10.4.3D Identify likes and dislikes related to participation in physical activities.	<ul style="list-style-type: none"> Explain how positive self-image affects your health. 		
10.5.3A Recognize and use basic movement skills and concepts.	<ul style="list-style-type: none"> Identify different types of exercise. 		

Unit: Fitness/Wellness		Subject Area: Health	Grade: 1
PA Academic Standards	Performance Indicators	Assessments	
10.5.3D Identify and use principles of exercise to improve movement and fitness activities.	<ul style="list-style-type: none"> Develop goals for exercise. 	Teacher made tests and quizzes Chapter tests and quizzes Curriculum-based assessments Standardized tests Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
No applicable standard	<ul style="list-style-type: none"> Identify the importance of sleep. Explain why proper rest is necessary. 		

Adaptations/Modifications for Students with I.E.P.s

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

INSTRUCTION CONTENT

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

SETTING

- Preferential seating

METHODS

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

MATERIALS

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)