



Subject: Health

Recommended Grade Level: 1st Grade

Course Description

Elementary Health 1 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

Units & Sections

This course is divided into the following Units and Sections.

SEMESTER 1

- **Unit 1: What is Health?**
 - 1 Course Introduction
 - 2 Physical Health
 - 3 Mental Health
 - 4 Social Health
- **Unit 2: Health Behaviors**
 - 1 Healthy Behaviors
 - 2 Healthy Habits
 - 3 Risks
 - 4 Consequences
- **Unit 3: Nutrition**
 - 1 What is Nutrition
 - 2 Food Groups
 - 3 Meals & Snacks
 - 4 Digestive Systems
- **Unit 4: Safety**
 - 1 Safety Rules
 - 2 Injury Prevention
 - 3 Household Safety

SEMESTER 2

- **Unit 5: Communication**
 - 1 Healthy Expressions
 - 2 Verbal Communication
 - 3 Decision Making
 - 4 Listening
- **Unit 6: Health Helpers**
 - 1 Personal Space



- *2 Trusted Adults*
- *3 Health Helpers*
- *4 Consumer Health*
- **Unit 7: Disease**
 - *1 Personal Hygiene*
 - *2 Disease Prevention*
 - *3 Medications*
 - *4 Environmental Health*
- **Unit 8: Anatomy**
 - *1 Body Parts*
 - *2 Five Senses*
 - *3 Health Problems*
 - *4 Life Cycle*

Course Tasks

Each section has the following tasks:

- **Game Plan**—an outline of tasks for that section
- **Lesson**—multimedia lessons about the section topic
- **Quiz***—answer questions from the lesson

Each section has one of these additional tasks as well:

- **Brain Exercise***—respond to a fitness question
- **Assignment***—section assignment

The items marked with * should be submitted for a grade.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word). Free downloadable software is available for each of these.