

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:

Eric Behrenshausen
Tim Mohr

Morgan Grala
Bonnie Rodgers

Laura Larsen

Sean Lehman

Brian Morrow

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"> ● Know 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)