

1st Grade Health & Wellness

Power Standard: Students will discuss and give examples of how to keep their bodies healthy		
WE.1.1.01	identify and discuss the functions of sensory organs and large muscle groups.	Knowledge
WE.1.1.02	describe the effects of healthy and less healthy foods on the body.	Reasoning
WE.1.1.03	discuss ways to keep germs out of the body.	Reasoning
WE.1.1.04	explain the need for medical checkups and other health-care procedures (e.g., eye, dental exams).	Knowledge
WE.1.4.03	cite examples of how using televisions, computers, video games and other technology can affect personal health.	Reasoning
SS.O.01.01.07	demonstrate and give examples of appropriate behavior in dangerous situations (e.g., fire, poison, traffic, strangers and drugs).	Knowledge/Performance
Power Standard: Students will recognize and demonstrate healthy ways of coping with a variety of feelings.		
WE.1.4.07	use “I can” statements when trying new activities.	Performance
WE.1.4.05	identify a variety of feelings and recognize the verbal and non-verbal cues associated with each.	Knowledge
WE.1.3.03	demonstrate healthy ways to act on feelings and stressful situations(e.g. coping skills)	Performance
WE.1.4.01	describe family similarities, differences and how family structures change.	Performance
Power Standard: Students will discuss and recognize responsibility, trust, respect and differences among themselves and others.		
WE.1.4.02	discuss differences in people (physical, gender, culture) and their impact on role expectations.	Knowledge
WE.1.4.04	explore the concepts of responsibility, trust and respect for self and others.	Performance
WE.1.4.08	recognize problems that require the help of trusted adults (e.g., abuse,	Knowledge

	bullying).	
SS.O.01.01.02	illustrate examples of honesty, caring and trustworthiness in the home and at school.	Performance
WE.1.3.08	identify personal activities that can keep the home, school and neighborhood pollution-free.	Knowledge
Power Standard: Students will demonstrate, classify, and identify safety rules at home, school, and in the community.		
WE.1.1.05	recognize the dangers of playing with sharp objects and being in contact with body fluids.	Knowledge/Reasoning
WE.1.2.01	identify which "safety" helpers (e.g., police and teachers) to contact for different problems.	Knowledge
WE.1.2.02	demonstrate when and how to use 9-1-1.	Performance
WE.1.2.03	classify household products (e.g., harmful, safe).	Reasoning
WE.1.3.01	choose and report proper use of safety equipment for different activities (e.g., riding in a car, rollerblading, bicycling, skateboarding).	Product/Performance
WE.1.3.04	discuss and follow safety rules (e.g., playground, water, electrical).	Performance
WE.1.3.05	demonstrate how to perform basic self-care/safety procedures (e.g., fire/weather drill, bus and auto safety skills).	Performance
WE.1.3.06	identify escape routes at home and school.	Knowledge
WE.1.3.07	explain safety rules for taking medicine.	Performance/Product
WE.1.4.06	use refusal skills in potentially harmful or dangerous situations (e.g., riding a bike without a helmet, meeting strangers, using harmful substances).	Performance/Reasoning
Power Standard: Students will use a variety of physical movement to develop physical wellness.		
WE.1.1.06	identify and participate in appropriate physical activities during recess and outside of school.	Knowledge/Performance
WE.1.3.02	recognize the body signs of physical activity and inactivity.	Knowledge

WE.1.5.01	perform locomotor movements of skip and leap.	Performance
WE.1.5.02	demonstrate directional movements of forward, backward, sideways, up, down, left, and right.	Performance
WE.1.5.03	balance an object (e.g., ball on hand, book on head).	Performance
WE.1.5.04	bounce and catch a ball.	Performance
WE.1.5.05	combine locomotor skills with pathways (e.g., straight, zigzag, and curved) and levels (e.g., high, medium, and low).	Performance
WE.1.5.06	establish a beginning movement vocabulary for body and spatial awareness (e.g., body parts, genera/self-space, directionality, and levels).	Knowledge
WE.1.5.07	create expressive movement sequences.	Performance
WE.1.6.01	identify a skip and a leap.	Knowledge
WE.1.6.02	recognize basic movement concepts of personal and general space (e.g., directional movements of forward, backward, sideways, up and down)	Knowledge