

PENINSULA SCHOOL DISTRICT
Health & Fitness Curriculum
First Grade

1. The student acquires the knowledge & skills necessary to maintain an active life: movement, physical fitness, and nutrition. (Essential Academic Learning Requirement)

Benchmark 1 First Grade	A Peninsula First Grade Student will: from the Grade Level Expectations (GLEs)	Instructional Materials and Resources	Assessment Strategies and Resources
1.1 Develop fundamental and complex movement skills, as developmentally appropriate			
1.1.1 Demonstrate physical skills (locomotor, non-locomotor, and manipulative) that contribute to movement proficiency	Demonstrate mature form in locomotor patterns and selected manipulative and non-locomotor skills <ul style="list-style-type: none"> • Demonstrate mature pattern: skip, slide, leap, and jump • Demonstrate mature form: levels, direction, squatting, swinging, and swaying • Move to simple rhythm patterns • Demonstrate critical elements in a variety of manipulative skills with a partner: throwing, catching, kicking, rolling, and bouncing • Demonstrate spatial awareness 		
1.2 Safely participate in a variety of developmentally appropriate physical activities			
1.2.1 Follow rules and safety procedures while participating in a variety of physical activities	Understand and apply safety rules and procedures in a variety of physical activities <ul style="list-style-type: none"> • Identify and demonstrate rules and safety procedures in grade appropriate activities (see EALR 1.1) 		
1.3 Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals			
1.3.1 Develop a fitness vocabulary and awareness of fitness while participating regularly in a variety of physical activities for fitness and play	Understand the basic vocabulary and concepts of physical fitness <ul style="list-style-type: none"> • Identify or describe the basic concepts of physical fitness: exercise, healthy workout 		
1.4 Understand the relationship of nutrition and food nutrients to physical performance and body composition			
1.4.1 Identify the nutrients provided by a variety of foods and describe how bodily function and physical performance are affected by food consumption	Understand the connection between nutrition and physical well-being <ul style="list-style-type: none"> • List or describe the 6 groups on the Food Guide Pyramid, providing examples, and how they support good health 		

PENINSULA SCHOOL DISTRICT
Health & Fitness Curriculum
First Grade

2. The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely. (Essential Academic Learning Requirement)

Benchmark 1 First Grade	A Peninsula First Grade Student will: from the Grade Level Expectations (GLEs)	Instructional Materials and Resources	Assessment Strategies and Resources
2.1 Recognize patterns of growth and development			
2.1.1a Describe the structure and function of human body systems	Understand the basic structure and function of human body systems <ul style="list-style-type: none"> • Recognize that heart rate is affected by different kinds of exercise • Recognize that breathing is affected by different kinds of exercise 	“All About Life” (F.L.A.S.H.) Curriculum <ul style="list-style-type: none"> • Chapter 12, pg. 105: Our Senses • Chapter 14, pg. 119: My Body 	
2.1.1b Describe the influence of nutrition on health and development	Describe the basic pathway food takes through the body		
2.2 Understand the concept of control and prevention of disease			
2.2.1 Identify and demonstrate skills that prevent and reduce the risk of contracting and transmitting communicable diseases	Understand how to prevent or reduce the risk of contracting a Communicable Disease <ul style="list-style-type: none"> • Identify ways to prevent germ transmission and diseases (i.e., sharing food, hand washing, immunizations) • Identify strategies for the prevention of tooth decay • The importance of taking medicine (all of it) 	<ul style="list-style-type: none"> • Lesson 13, pg. 111: Staying Healthy 	

PENINSULA SCHOOL DISTRICT
Health & Fitness Curriculum
First Grade

Benchmark 1 First Grade	A Peninsula First Grade Student will: from the Grade Level Expectations (GLEs)	Instructional Materials and Resources	Assessment Strategies and Resources
2.3 Acquire skills to live safely and reduce health risks			
<p>2.3.1a Explain one’s right to personal and physical safety</p> <p>2.3.1b Identify abuse and risky situations and demonstrate safe behaviors to prevent injury to self and others at home, school, and in the community</p> <p>2.3.1c Identify sources to ask for help in an emergency or crisis</p> <p>2.3.1d Identify physical, emotional, and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances</p>	<p>Understand one’s right to personal and physical safety</p> <ul style="list-style-type: none"> • Demonstrate the guidelines for personal and physical safety (i.e., appropriate/inappropriate physical contact, personal space) <p>Understand what are abusive or risky situations and how to avoid them</p> <ul style="list-style-type: none"> • Recognize what are risky situations and how they can be avoided in the community/home (i.e., strangers, abuse at home) <p>Know appropriate sources of help in emergency and non-emergency situations</p> <ul style="list-style-type: none"> • Recognize the difference between emergency and non-emergency situations • Identify different people that you could ask for help in a non-emergency situation (parent, teacher, adult, friend) <p>Understand the physical and legal consequences of using nicotine, alcohol, and other drugs, and apply skills to resist any harmful use of substances</p> <ul style="list-style-type: none"> • Identify a variety of substances that could be harmful to your health • List strategies to avoid dangerous substances 	<ul style="list-style-type: none"> • “All About Life” (F.L.A.S.H.) Curriculum • Lesson 7, pg. 57: My Space • Lesson 9, pg. 85: Sexual Abuse 	

PENINSULA SCHOOL DISTRICT
Health & Fitness Curriculum
First Grade

4. The student effectively analyzes health and safety information to develop health and fitness plans based on life goals. (Essential Academic Learning Requirement)

Benchmark 1 First Grade	A Peninsula First Grade Student will: from the Grade Level Expectations (GLEs)	Instructional Materials and Resources	Assessment Strategies and Resources
4.1 Analyze health and safety information			
4.1.1 Identify how fitness and healthy living are important for life goals	Understand the relationship between home activities and health and fitness <ul style="list-style-type: none"> • Identify and record home activities and how they are improving their health and fitness 		
4.2. Develop a health and fitness plan and a monitoring system			
4.2.1 Set daily goals for improving health and fitness practices	Understand the relationship between fitness testing and goal setting <ul style="list-style-type: none"> • Participate in fitness testing and receive results evaluating their performance 		