

Identifier	Poplar - Grade 1 - Health	Introduced	Completed
1 H 1	HEALTH PROMOTION/ DISEASE PREVENTION		
1 H 1.01	Identify personal health practices that promote physical, mental, and social health (sleep, diet, fitness, and personal hygiene).		
1 H 1.02	Identify basic anatomy (i.e., eyes, nose, ears, etc.).		
1 H 1.03	Describe how healthy eating promotes growth and well-being.		
1 H 1.04	Identify and differentiate between helpful and harmful drugs.		
1 H 1.05	Identify hazardous conditions related to personal health and safety.		
1 H 1.06	Recognize basic prevention strategies for common illnesses.		
1 H 1.07	Demonstrate the ability to locate school and community health helpers.		
1 H 1.08	Identify elements of the environment that affect personal health (air, water, food, soil, and pollutants).		
1 H 1.09	Describe the stop-drop-roll procedure for putting out clothing fires.		
1 H 1.10	Identify fire escape routes at home and school.		
1 H 1.11	Name ways sleep is helpful.		
1 H 1.12	List ways medicines can be harmful and ways they can be helpful.		
1 H 1.13	Assert the right to say 'No' - - to accept or reject affection.		
1 H 1.14	Describe appropriate and inappropriate touching.		
1 H 2	HEALTH INFORMATION/ ACCESSING INFORMATION		
1 H 2.01	Identify positive and negative behaviors with need for health care.		
1 H 2.02	Give directions to home - using 'by,' 'next to,' and similar phrases - adequate for a policeman or other adult to locate the home.		
1 H 2.03	Tell own home phone number (or message number if no phone at home).		
1 H 2.04	Tell the police number to call in an emergency.		
1 H 2.05	Demonstrate the proper use of 911.		
1 H 2.06	Identify fire escape routes at home and school.		
1 H 2.07	Describe the stop-drop-roll procedure for putting out clothing fires.		
1 H 2.08	Identify body parts.		
1 H 2.09	Demonstrate how various body parts move		
1 H 2.10	Use various body parts as bases for support and balance.		
1 H 3	HEALTH ENHANCEMENT/ SELF MANAGEMENT		
1 H 3.01	Identify characteristics of bullies and victims.		
1 H 3.02	Identify basic refusal skills.		
1 H 3.03	Demonstrate basic injury prevention and management strategies for personal health.		
1 H 3.04	Identify stress.		
1 H 3.05	List options for protecting self from strangers.		
1 H 3.06	List rules for conduct in classroom, in halls, and on playground.		
1 H 4	INFLUENCES		
1 H 4.01	Identify foods of various cultures.		
1 H 4.02	Identify health advertising in a variety of forms.		
1 H 5	INTERPERSONAL COMMUNICATION		
1 H 5.01	Name basic verbal and nonverbal communication techniques.		
1 H 5.02	Describe ways to communicate care, consideration, and respect for self and others.		
1 H 5.03	Demonstrate aware of personal and general boundaries by moving in various directions using different pathways and locomotor skills.		
1 H 6	DECISION MAKING/ GOAL SETTING		
1 H 6.01	Identify a decision-making process model.		
1 H 7	PERSONAL AND COMMUNITY HEALTH		
1 H 7.01	Identify positive health choices.		
1 H 7.02	Recognize specific play areas and their proper uses.		
1 H 7.03	Demonstrate acceptance of rules in tag games.		
1 H 7.04	Demonstrate sharing and taking turns		
1 H 7.05	Demonstrate skill in such playground activities as hopscotch, jump rope, and circle games.		