Grade 1 Health Standards & Benchmarks

Standard 1
Students will comprehend concepts related to health promotion and disease prevention to enhance health.

By the end of Grade 1
1. Discuss healthy behaviors and their relationship to well-being
2. Explain differences between a healthy person and someone who is not healthy
3. Identify elements of ‘disease’

Standard 2
Students will demonstrate the ability to access valid information and products and services to enhance health.

By the end of Grade 1
1. Discuss trusted adults and professionals who can help promote health
2. Discuss ways to locate school and community health helpers

Standard 3
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

By the end of Grade 1
1. Recognize healthy practices and behaviors to maintain or improve personal health
2. Recognize behaviors that avoid or reduce health risks

Standard 4
Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

By the end of Grade 1
1. Discuss family health behaviors
2. Identify examples of health information provided by various media

Standard 5
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

By the end of Grade 1
1. Develop and use effective communication skills
2. Respond to verbal and non-verbal communications
3. Practice how to use refusal skills to avoid unsafe situations
4. Practice ways to tell a trusted adult if threatened or harmed
5. Demonstrate healthy ways to express needs, wants & feelings
6. Demonstrate ways to communicate care, consideration and respect of self and others

Standard 6
Students will demonstrate the ability to use goal setting and decision-making skills to enhance health.

By the end of Grade 1
1. Identify the steps that can be used in the decision-making process.
2. Describe how decisions can be reached and problems can be solved using decision making
3. Identify a short-term personal health goal and take action toward achieving the goal
4. Discuss who can help when assistance is needed to achieve a personal health goal

**Standard 7**
Students will demonstrate the ability to advocate for personal, family and community health.

*By the end of Grade 1*
1. Participate in school efforts to promote health and safety
2. Encourage peers to make positive health choices