

# Scope and Sequence

## First Grade Health

Subject	Grade	9 Weeks	Estimated Time Frame
Health	1st	All Year	Ongoing
<b>TEKS / Student Expectations:</b>		<b>Examples / Specifications:</b>	
1.1A Describe and practice activities that enhance individual health		1.1A Such as sleep, proper nutrition, and daily exercise	
1.1B Describe activities that are provided by health care professionals such as medical check-up and dental exams		1.1B Discussions about how doctors listen to the heart and check for cavities	
1.2A Identify and use protective equipment to prevent injury		1.2A Such as helmets and shin guards	
1.2B Name safe play environments		1.2B Such as a back yard or playground	
1.2C Explain the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs		1.2C Classroom discussion about how to say no to drugs; such as walking away and talking to an adult	
1.2D Identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult		1.2D Classroom discussion about the consequences; such as hurting self or others	
1.2F Identify and describe safe bicycle skills		1.2F Such as using hand signals and obeying traffic laws	
1.2G Identify and practice safety rules during play		1.2G Such as not throwing a bat	
1.4A Identify and demonstrate use of the five senses		1.4A Such as the nose is used to smell and ears are used to hear	
1.4B Identify major body structures and organs and describe their basic functions		1.4B Such as the lungs are used to breathe	
1.4C Identify and apply principles of good posture for healthy growth and development		1.4C Such as standing straight with shoulders back	

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<b>Language of Instruction:</b>	<b>Instructional Resources / Textbook Correlations:</b>
	<b>Coordinated School Health Program:</b> <i>SPARK</i> - Healthy Lifestyle Choices (HLC)
<b>External Assessment:</b>	<b>Weblinks / Other Resources:</b> <i>Located Under Resources Tab</i>
<b>Best Instruction:</b>	<b>Local Assessment:</b>