

DEPARTMENT NAME :  
Health and Wellness  
Health Education

GRADE LEVEL: 1

**YEAR AT A GLANCE**  
**Student Learning Outcomes by Marking Period**  
**2017-2018**

FIRST TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 9/7/17  Suggested Completion Date: 12/1/17	Unit: Healthy Mind  Unit Title: Social and Emotional Health  Health Education Skills: Analyzing Influences, Interpersonal Communication, Decision Making, Health Advocacy  SEL Skills: Self-Awareness, Self- Management, Social Relations	<b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>● Apply skills to reflect on other’s feelings (1.IC.K2a, NHES 4.2.2) <i>MM SE Lesson 1</i></li> <li>● Apply skills to find out how others are feeling (1.IC.S2, NHES 4.2.2) <i>MM SE Lessons 2, 6</i></li> <li>● Describe how the media can influence how friends and family treat each other (1.AI.S1, NHES 2.2.3)</li> <li>● Give two examples of families or friends building healthy, strong relationships shown in the media (1.AI.K1) <i>MM SE Lesson 5</i></li> <li>● Explain how and when to get help from a trusted adult if someone you know is hurting themselves or someone else (1.DM.K1b, NHES 4.2.4) <i>MM SE Lesson 7</i></li> <li>● Demonstrate how to be a positive role model to encourage others to be engaged and respectful in school (1.HA.K2, NHES 8.2.2) <i>MM SE Lesson 7, 8</i></li> </ul>
First Marking Period Ends: 12/1/17  Assessments During This Period: Michigan Model for Health Grade 1: Social and Emotional Health Student and Family Worksheets; Teacher Observation and Checklists		

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SECOND TRIMESTER		Overarching/general themes
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 12/4/17  Suggested Completion Date: 12/21/17	Unit: Healthy Body/Safe Body  Unit Title: Personal Health and Wellness  Unit Skills: Goal Setting, Interpersonal Communication	<b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>Identify important steps to take every day towards stopping the spread of germs (1.GM.K1, NHES 7.2.1) <i>MM PHW Lessons 1, 2</i></li> <li>Name two ways to reduce the spread of germs (1.GM.K1, NHES 7.2.2) <i>MM PHW Lessons 1, 2</i></li> <li>List the signs of common illness (1.IC.K1a,b)</li> <li>Demonstrate effective ways to express when you are feeling sick (1.IC.S1, NHES 4.2.1)</li> </ul>
Suggested Completion Date: 3/16/18	Unit: Healthy Body/Safe Body  Unit Title: Personal Safety  Unit Skills: Accessing Resources, Interpersonal Communication	<ul style="list-style-type: none"> <li>List rules for staying safe, including weapon safety, fire safety and transportation safety, while at home, school, and in your community (1.HA.K1) <i>MM S Lessons 1, 2, 3, 4, 5</i></li> <li>Identify trusted adults and professionals who can help maintain safety and address safety concerns (1.AR.S1, NHES 3.2.1) <i>MM S Lesson 5</i></li> <li>Demonstrate appropriate first aid skills for cuts and bruises (1.AR.K1)</li> <li>Explain how to make positive healthy choices when dealing with minor injuries (1.HA.K1, NHES 8.2.2)</li> <li>Demonstrate the procedure for using 911 to get help in emergencies (1.AR.S1, NHES 3.2.1) <i>MM S Lesson 6</i></li> <li>Apply strategies to avoid personally unsafe situations (1.DM.K2b, NHES 4.2.3) <i>MM S Lesson 7</i></li> <li>Demonstrate how to ask trusted adults for help (1.DM.K2b, NHES 4.2.3) <i>MM S Lesson 7</i></li> </ul>
Second Marking Period Ends: 3/16/18		
Assessments During This Period: Michigan Model for Health Grade 1 Personal Safety Worksheets; Teacher Observation and Checklists		

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THIRD TRIMESTER		
Dates	Textual References	To Demonstrate Proficiency by the End of the Quarter Students Will... (with eligible content references):
Marking Period Starts: 3/19/18  Suggested Completion Date: 4/13/18	Unit: Healthy Lifestyle  Unit Title: Alcohol, Tobacco, and Other Drugs  Unit Skills: Accessing Resources	<b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>Identify household products that are harmful if touched, ingested, or inhaled (1.AR.K2) <i>MM ATOD Lesson 2</i></li> <li>Explain what a poison is and give an example (1.AR.K2) <i>MM ATOD Lesson 2</i></li> <li>Identify which items in the school and community are unsafe to consume (1.AR.K2) <i>MM ATOD Lesson 2</i></li> <li>Identify trusted adults and professionals who can help maintain safety and address safety concerns (1.AR.S1, NHES 3.2.2) <i>MM ATOD Lesson 2</i></li> </ul>
Suggested Completion Date: 6/20/18	Unit: Healthy Balance  Unit Title: Nutrition Education and Physical Activity  Unit Skills: Analyzing Influences, Goal Setting	<b>Content/skill SWBAT statement (corresponding standards):</b> <ul style="list-style-type: none"> <li>Explain the importance of eating a variety of foods from all food groups (NHES 7.2.1) <i>MM NPA Lesson 1</i></li> <li>Describe the benefits of eating healthy snacks (NHES 7.2.1) <i>MM NPA Lesson 2</i></li> <li>Describe how the media can influence food choices and portion sizes (1.AI.K2)</li> <li>Describe the benefits of physical fitness to good health (1.GM.K2) <i>MM NPA Lesson 3</i></li> <li>Identify a short-term physical fitness goal and track your progress (1.GM.S2, NHES 6.2.1)</li> </ul>
Third Marking Period Ends: 6/20/18  Assessments During This Period: Michigan Model for Health Grade 1: Nutrition and Physical Activity Worksheets; Teacher Observation and Checklists		