

Acton-Boxborough Regional School District

COMPREHENSIVE HEALTH EDUCATIONS OBJECTIVES*

GRADE ONE

EMOTIONAL/SOCIAL HEALTH

Students will:

1. Describe likenesses and differences among individuals, including physical challenges such as blindness, deafness, and orthopedic handicaps. (Social Studies)
2. Identify and practice appropriate interactions with others (caring for others' feelings, manners, conflict resolution, respect for others). **5.3, 7.1, 7.2****

Review

1. Develop good self-esteem by practicing decision-making and coping skills. **5.5, 5.6**
2. Take care of personal belongings.

SAFETY & PREVENTION

Students will:

Review

1. Describe and practice rules of safe behavior related to the school playground. **9.1**
2. Identify steps to take when encountering blood and bodily fluids (Acton-Boxborough Regional Schools' Universal Precaution Standards). **9.6**
3. Describe healthy habits and healthy decision-making. **8.3, 8.4**

PHYSICAL HEALTH

Students will:

1. Learn about physical fitness (gross motor), exercise, life sports, relaxation activities. (See Physical Education Department objectives.) **2.1 - 2.5**
2. Learn about communicable and non-communicable diseases (including asthma when applicable and with the help of the school nurse). **2.6**
3. Observe male and female organisms, such as fish. (science curriculum) **1.5**
4. Identify and describe the five senses. (Connects to Social Studies unit "Some Ways the Same, Some Ways Different.") **1.1**

Review

1. Identify and demonstrate good personal hygiene. **2.6**

*minor revisions in 2012

** Numbers refer to the Massachusetts State Health Frameworks document learning standards.