

**New Paltz Central School District
Health
First Grade**

Content/Essential Questions	Skills	Assessments
<ul style="list-style-type: none"> • What do I need to know to be safe and healthy? • How do I keep myself and others safe and healthy? • Who and what can help me stay safe and healthy? <hr style="border-top: 1px dashed orange;"/> <ul style="list-style-type: none"> • Food supplies the energy and materials necessary for growth and repair. • Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health. • Good health habits include hand washing and personal cleanliness; avoiding harmful substances; eating a balanced diet; engaging in regular exercise. • Students: <ul style="list-style-type: none"> ○ Possess basic knowledge and skills which support positive health choices and behaviors. ○ Understand how behaviors such as food selection, exercise, and rest affect growth and development. ○ Recognize influences which affect health choices and behaviors ○ Understand basic safety rules ○ Recognize potentially dangerous situations and know how to avoid or reduce their risk ○ Know some personal and social skills which contribute to individual safety ○ Know how to access help when illness, injury, or emergency situations occur 	<ul style="list-style-type: none"> • Know how to dial 911 • Know name, address, and phone number • Know classroom rules • Know the difference between a disease and an injury • Recognize household poisons 	<ul style="list-style-type: none"> • Observation • Discussion