

PISD – 1st Grade Health

THIRD SIX WEEKS

TEXAS ESSENTIAL KNOWLEDGE AND SKILLS		RESPONSIBILITY				CHAPTER UNIT AND LESSONS / ADDITIONAL RESOURCES
		Teacher	PE	Couns	Nurse	
1.1A	describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise	X	X			Health & Fitness: Chapter 5: Keeping Active Lesson 1: Good Posture pgs. 86-87 Lesson 2: Your Physical Fitness and Exercise pgs. 88-91 Life Skills: Manage Stress pgs. 92-93 Lesson 3: Exercising Safely pgs. 94-97 Lesson 4: You Need Sleep pg. 98 Building Good Character: Fairness pg. 101 CATCH Materials and Activities (see Librarian/PE teacher)
1.2A	identify and use protective equipment to prevent injury		X			
1.2F	identify and describe safe bicycle skills		X			
1.2G	identify and practice safety rules during play	X	X			
1.3A	explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems	X	X	X		
1.3B	describe how decisions can be reached and problems can be solved	X	X	X		
1.3C	explain the importance of goal setting and task completion	X	X	X		
1.4B	identify major body structures and organs and describe their basic functions	X	X		X	
1.4C	identify and apply principals of good posture for healthy growth and development	X	X		X	
1.6B	Cite examples of how media and technology can affect behaviors such as television, computers, and video games	X			X	
1.9A	demonstrate respectful communication	X	X	X	X	