

# 1st Grade American Online School

## HEALTH EDUCATION CURRICULUM

### Knowing Myself and Staying Healthy

Version May/2025

## 1. Introduction

### The Role of Art Education in 1st Grade

In 1st grade, health education encourages students to know their bodies, make simple healthy choices, and develop habits that support daily well-being. Children explore hygiene, nutrition, routines, and emotional awareness in a safe, supportive environment. Lessons are practical, story-based, and grounded in real-life scenarios that promote lifelong wellness skills.

By the end of this course, students will:

- ✓ Recognize their own strengths, emotions, and body systems.
- ✓ Practice daily habits that support personal and public health.
- ✓ Understand the basics of healthy food choices and hydration.
- ✓ Demonstrate age-appropriate hygiene routines.
- ✓ Express how to stay safe and ask for help when needed.

## 2. Core Competence Areas

### HE.1 Knowing Myself – “This is Me”

#### Learning Outcomes

By the end of this course, students will be able to:

- ✓ **Identify parts of the body and their basic functions.**
- ✓ **Name different feelings and how they affect the body.**
- ✓ **Express positive self-awareness and personal identity.**

#### Competencies

##### HE.1.A.1 – Understanding body and emotions

- Label body diagrams and describe what each part helps them do.
- Create emotion wheels to name and express feelings.

##### HE.1.A.2 – Building a healthy self-image

- Celebrate personal strengths with “I Am” posters.
- Discuss friendship, kindness, and respect for others.

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### HE.2 Healthy Habits – “Daily Habits”

#### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Recognize routines that support sleep, hydration, movement, and energy.**
- ✓ **Identify healthy vs. unhealthy behaviors.**
- ✓ **Build daily schedules with wellness choices.**

#### Competencies

##### HE.2.A.1 – Practicing healthy daily routines

- Make personal “Healthy Day” calendars.
- Track water intake, play time, and rest in logs.

## **HE.2.A.2 – Building responsibility through habit**

- Use checklists for brushing, packing healthy snacks, and getting ready.
  - Reflect on feelings after healthy vs. unhealthy days.
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## **HE.3 Nutrition Awareness – “Nutrition”**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Name basic food groups and identify healthy foods.**
- ✓ **Describe the importance of water and balanced meals.**
- ✓ **Make simple choices that support growth and energy.**

### **Competencies**

#### **HE.3.A.1 – Exploring foods and their functions**

- Sort foods into fruits, vegetables, proteins, grains, and dairy.
- Make colorful meal plates using cutouts and drawings.

#### **HE.3.A.2 – Recognizing how food helps the body**

- Role-play “What fuels your body?” games.
  - Taste-test healthy snacks (with permission) and reflect.
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## **HE.4 Personal Hygiene – “Hygiene”**

### **Learning Outcomes**

By the end of this unit, students will be able to:

- ✓ **Demonstrate correct handwashing, toothbrushing, and self-care routines.**
- ✓ **Recognize when and why to wash hands.**
- ✓ **Understand how germs spread and how to stay clean.**

## Competencies

### HE.4.A.1 – Practicing personal cleanliness

- Participate in hygiene songs and follow visual charts.
- Use mirror stations to practice toothbrushing motions.

### HE.4.A.2 – Preventing illness through clean habits

- Use glitter or paint to visualize germ spread.
- Roleplay how to sneeze/cough safely and throw tissues away.

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## 3. Assessment and Evaluation

### Formative Assessments – Daily Practice Reflections

- ✓ Habit checklists and sticker logs.
- ✓ Health journals with “Today I Took Care of Myself” prompts.
- ✓ Participation in roleplay and discussion.

### Summative Assessments – Presentations and Artifacts

- ✓ Healthy Day Plan and Routine Poster.
- ✓ “My Favorite Healthy Food” drawing with sentence.
- ✓ Hygiene skills demonstration checklist.

### Authentic Assessment – Self-Awareness and Action

- ✓ Class Hygiene Leader rotation.
- ✓ Personal wellness portfolios with photos and reflections.
- ✓ “Health Hero” certificates for consistency.

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## 4. Instructional Strategies for Online Learning

### Playful and Exploratory

- ✓ Use puppets, songs, and games to model behavior.
- ✓ Encourage roleplay and pretend doctor/dentist stations.

### **Routine-Based and Visual**

- ✓ Integrate health habits into daily class flow.
- ✓ Post visuals and use color-coded checklists.

### **Safe and Supportive**

- ✓ Model encouragement, privacy, and mutual respect.
- ✓ Celebrate progress rather than perfection.



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