

REGIONAL OFFICE OF CURRICULUM, INSTRUCTION, AND ASSESSMENT
Allendale, Ho-Ho-Kus, Northern Highlands, and Upper Saddle River

Course Name: Grade 1 Health/Physical Education

Department: Comprehensive Health and Physical Education

Course Description: The first unit, *Cooperation and Teamwork*, answers the question: *How are we better together?* Students will be able to explain the concept of teamwork and the importance of working together as a team. Teamwork is important to first graders because it helps students develop an understanding of their roles in the classroom, family and society. In the second unit, *Games and Sports Around the World*, students will have the opportunity to learn about different cultures from all over the world. They will learn and participate in different games and sports that are played by children just like them in other countries and learn about sports and activity etiquette from different countries. Students will extend these concepts to the concept of healthy habits and examine what it means to be healthy in our culture and what it means to be healthy in other cultures. In the third unit, *Knowing and Caring for My Body Inside and Out*, students will learn about the major organs in the body such as the heart, brain, lungs, stomach, intestines, liver and kidneys. They will learn the importance of each organ and how they work together as a team to keep you alive and healthy. Students will also review their community safety helpers and describe who they can go to in case of any emergency, both inside and outside of the school. In the final unit, *Healthy Habits Keep Me Safe and Strong*, students will understand that living a healthy life means more than just what they eat. Healthy living requires following certain habits and routines each and every day. Students will learn about germs and how germs can get into your body and cause different illnesses. By creating good hygiene habits, students can reduce their risk of spreading or contracting sickness.

Course Proficiencies: The following is a list of proficiencies that describe what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of the assessment of student achievement. The learner will demonstrate the ability to:

1. Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth). (2.1.2.PGD.2)
2. Explore different types of foods and food groups and explain why some foods are healthier than others. (2.2.2N.1, 2.2.2.N.2, 2.2.2.N.3)
3. Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building). (2.2.2.PF.3)
4. Recognize and demonstrate safety strategies to prevent injuries at home, school, in the community (e.g., traffic safety, bicycle/scooter safety, fire safety, poison safety, accident prevention). (2.3.2.PS.3)
5. Identify community professionals who can address health emergencies and how to access the, . (2.1.2.CHSS.1, 2.1.2.CHSS.2)
6. Explore how activity helps all human bodies stay healthy. (2.1.2.PGD.1)
7. Use correct terminology to identify body parts and explain how body parts work together

Born on: September 2022

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to support wellness. (2.1.2.PGD.4)

8. Understand that all living things may have the ability to reproduce (**2.1.2.PP.1**)
9. Identify trusted adults that you can talk to about situations which may be uncomfortable or dangerous (2.3.2PS.7 and 2.3.2.PS.8)
10. Describe different kinds of families locally, nationally and globally and note similarities and differences. (2.1.2.SSH.3)
11. Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (2.2.2.PF.3)
12. Demonstrate kindness towards self and others during physical activity to create a safe and caring environment. (2.2.2.MSC.7)
13. Demonstrate strategies and skills that enable team and group members to achieve goals. (2.2.2.PF.4)

Assessments:

1. Classroom discussion and participation
2. Teacher observation and anecdotal notes
3. Journal writing
4. Self assessments
5. Demonstration skills
6. Teacher created rubrics

BOE Adopted Materials:

N/A (no textbook needed)