

## Part II.1a

### the Educator's Beliefs and Learning Plan

#### Grade Level: 1.1

#### Subject:

- Health/Personal Skills
- Science/Health
- Language Arts/Literacy/Children's Literature

#### Overview: Health education

Health education is the process of helping learners make healthy and smart choices for a good life. The focus is on addressing both the health of the individual and the community.

#### Grade: Curriculum/Assessment/Standards:

##### Standards:

- 1.1.1 By the end of first grade, students will develop the ability to make healthy choices.
- 1.1.2 By the end of first grade, students will develop an understanding of personal health.

##### Standards:

- 1.1.3 By the end of first grade, students will apply knowledge of the importance of good health to their reading and writing.
- 1.1.4 By the end of first grade, students will understand the importance of good health.

#### Objectives:

1. Students will be able to explain how good and healthy choices can help them live a good life.
2. Students will be able to identify at least one way to help prevent the spread of germs and bacteria.

#### Materials: