

Lemont-Bromberek Combined School District 113A

First Grade Physical Development and Health Goals

Students will:

Health-Enhancing Physical Activity

- Dribble a ball. (E)
- Trap a ball. (E)
- Strike an object with a hand or sports implement (I).
- Perform a variety of dances. (I)
- Demonstrate correct form for the basic locomotor movements. (I)
- Demonstrate a correct overhand throw and catch. (I)
- Perform proper technique for a variety of short and long jump rope skills. (I)
- Explain the effort aspect of movement (how the body performs). (I)
- Demonstrate a variety of static and dynamic balances. (I)
- **Demonstrate proper safety measures when performing movement activities. (M)**
- Identify necessary precautions to avoid injury. (I)

Physical Fitness/Self-Assessment

- Identify characteristics of health-related fitness. (I)
- Recognize the relationship between nutrition and physical activity. (I)
- Discuss the benefits of physical activity. (I)
- Demonstrate the concept of pacing during endurance activities. (I)
- **Identify activities that promote muscular strength. (M)**
- Recognize change in heart rate and respiration during physical activity. (I)
- Find sites on the body to monitor heart rate. (E)
- Recognize realistic health-related goals. (E)

Team Building

- Discuss safe practices, rules and procedures. (E)
- **List consequences of failing to follow directions. (M)**
- Demonstrate proper safety measures when performing movement activities. (E)
- **Recognize that games have rules. (M)**
- Understand the practice of working alone. (I)
- Cooperate with a partner to complete a task. (I)
- Recognize the benefits that accompany cooperation and sharing. (I)

Health Promotion

- Demonstrate how to avoid infecting others with germs. (E)
- Demonstrate the proper use of safety equipment during physical activity. (E)
- Know the differences between behaviors that will and will not promote the spread of infectious diseases. (I)
- Identify elements of the environment that can be polluted and how it can affect personal health. (E)
- Identify the five food groups (per the USDA). (I, State Mandate)
- Describe the relationship between good nutrition and health. (I, State Mandate)

Body Systems

- Identify human body joints, muscles and bones. (E)
- List food choices that have a positive and negative influence on health. (E)
- Identify caring adults that can be trusted or confided in. (E)

Health/Well-Being and Safety

- Describe how emotions affect choices and behavior. (E)
- Identify causes of conflict. (E)
- Identify positive verbal and nonverbal communication skills. (E)
- Explore ways to make right choices. (E)
- Describe “uncomfortable situations” pertaining to strangers. (E)
- **Know name, address and phone number. (M)**
- Define and recite refusal skills. (E)
- Identify signs and symptoms of the common cold through drawing pictures. (I)
- Discuss how to stay safe and how to reduce unsafe risks in and out of the house (street safety, home safety, etc.). (I)
- Describe what it takes to stay healthy (hand washing, brushing teeth, going to the doctor, etc.). (I)
- Identify healthy actions that influence the functions of the body. (I)
- Identify and practice safe procedures related to bus transportation. (R-State Mandate)
- Recognize the danger of and avoid abduction. (R-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize methods for the prevention and avoidance of alcohol, drug and substance abuse. (I-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize consequences of alcohol, drug and substance abuse. (I-State Mandate, Lemont Police Department may provide assistance with instruction)
- Recognize the consequences of being involved in an exclusive group (precursor to “gang”) through development of conflict resolution, cultural sensitivity, personal goal setting and the resistance of peer pressure. (I-State Mandate)
- Develop an awareness of Internet threats and risks, including child predators, fraud and other dangers. (I-State Mandate)
- Develop an age-appropriate awareness about sexual abuse, assault and prevention. (State Mandate)