

**Content Area: Comprehensive Health and Physical Education**

**Standard: 2. Physical and Personal Wellness in Health**

**Prepared Graduates:**

- Apply knowledge and skills related to health promotion, disease prevention, and health maintenance

**Grade Level Expectation: First Grade**

**Concepts and skills students master:**

**2. Demonstrate health enhancing behaviors to prevent unintentional injury or illness**

**Evidence Outcomes**

**Students can:**

- Demonstrate ways to prevent harmful effects of the sun as well as hearing and vision loss
- Explain that germs cause disease
- Describe the symptoms that occur when a person is sick
- Demonstrate ways to prevent the spread of germs that cause common, infectious diseases
- Demonstrate proper steps for treating a wound to reduce chances of infection

**21<sup>st</sup> Century Skills and Readiness Competencies**

**Inquiry Questions:**

- What makes some people more susceptible to Sun damage?
- What if we lived in a place that had loud noises all the time?
- How does a person get a cold?
- Why do surgeons scrub their hands and put on gloves prior to surgery?

**Relevance and Application:**

- Goggles and sun glasses help protects the eyes from injury and damage.
- The use of soaps and tissues help prevent the spread of germs.
- Scientists have developed products designed to limit sun exposure.
- Researchers study how germs spread locally and around the world.

**Nature of Health:**

- Strategies exist to prevent damage to the skin from the sun, hearing loss, and vision loss.
- A person can make positive decisions to protect themselves from getting sick.