

COMPONENT	OBJECTIVES	COMPETENCY
<p><i>I Family, Friends, and Self</i></p>	<ol style="list-style-type: none"> 1. <i>Identify family members.</i> (HE.A.1.1.3) 2. <i>List skills necessary to be a responsible family member and friend (e.g. chores, helping others, etc.).</i> (HE.A.1.1.3) 3. <i>Demonstrate how to work cooperatively to reach a common goal.</i> (HE.C.2.1.5) 4. <i>Describe various ways of demonstrating good manners.</i> (HE.B.3.1.4) 5. <i>Identify ways to express feelings in a healthy manner.</i> (HE.B.3.1.1) 6. <i>Demonstrate good listening skills.</i> (HE.B.3.1.5) 	<ol style="list-style-type: none"> A. <i>The student will create a booklet illustrating and labeling the members of the family and their responsibilities within the home.</i> (HE.A.1.1.3) B. <i>The student will role play and demonstrate positive actions towards others.</i> (HE.B.3.1.4)
<p><i>II Nutrition and Other Needs</i></p>	<ol style="list-style-type: none"> 1. <i>Identify nutritionally desirable foods.</i> (HE.A.1.1.9) 2. <i>Distinguish between healthy and unhealthy foods.</i> (HE.C.2.1.1) 3. <i>Understand the importance of washing hands before meals and after restroom use.</i> (HE.A.1.1.2) 4. <i>Explain the importance of proper rest and exercise.</i> (HE.B.1.1.1) 	<ol style="list-style-type: none"> A. <i>The student will create a chart identifying healthy and unhealthy foods.</i> (HE.C.2.1.1) B. <i>The student will practice desirable health habits (e.g. exercise, rest, cleanliness).</i> (HE.B.1.1.1)

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<p><i>III Our Body</i></p>	<ol style="list-style-type: none"> 1. <i>Correctly name the major body parts (e.g. head, feet, hands, legs).</i> (HE.A.1.1.1) 2. <i>Discuss the functions of each of the major body parts.</i> (HE.A.1.1.1) 3. <i>Understands the importance of hand washing.</i> (HE.B.1.1.1) 	<p>A. <i>Using songs and games the student will be able to identify major body parts (e.g., Simon Says, Hokey Pokey).</i> (HE.A.1.1.1)</p>
<p><i>IV Living Safely</i></p>	<ol style="list-style-type: none"> 1. <i>Describe the roles of community helpers (e.g., doctors, dentists, fire fighters, police officers).</i> (HE.A.2.1.1) 2. <i>Outline safety rules for bike riding, car safety, swimming, and safe street crossing.</i> (HE.B.1.1.2) 3. <i>Identify and describe injuries that children should prevent.</i> (HE.B.1.1.4) 4. <i>Identifies person(s) appropriate to administer medicines.</i> (HE.B.1.1.2) 5. <i>Explain the dangers of playing with matches, lighters, and fire.</i> (HE.B.1.1.4) 6. <i>Understands the differences between foods, poisons, medicines, and drugs.</i> (HE.A.1.1.2) 7. <i>Identify a stranger as someone you don't know.</i> (HE.B.1.1.6) 8. <i>Recognize the importance of saying “no” and refusing gifts or favors from strangers.</i> (HE.B.1.1.6) 	<p>A. <i>Demonstrate, through role playing, proper safety rules for the home, school, and in the community.</i> (HE.B.1.1.2)</p> <p>B. <i>Demonstrate dangers that can be associated with strangers (e.g., gifts, favors, rides).</i> (HE.B.1.1.6)</p>

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<p><i>V Achieving Wellness</i></p>	<p>9. <i>Discuss the importance of recognizing inappropriate behavior exhibited by strangers.</i> (HE.C.1.1.1)</p> <p>1. <i>Discuss the importance of health professionals.</i> (HE.C.2.1.3)</p> <p>2. <i>Discuss the role of each health professional.</i> (HE.C.2.1.3)</p> <p>3. <i>Recognize various ways to stay healthy (e.g., immunizations, eating healthy, and proper exercise).</i> (HE.A.1.1.2)</p>	<p>A. <i>The student will construct a scrapbook showing various health professionals and careers.</i> (HE.C.2.1.3)</p>