



AOP - 1st Grade - Health - Quarter 3 Map

Week	Lesson	Unit	Submit	Objectives
19	Lessons 4-5	UNIT 5		Students will identify rest as another human need; Students will recognize the importance of getting enough rest; Students will identify food as another human need; Students will identify two reasons why the body needs food.
20	Lessons 6			Students will identify five food groups and some foods belonging to each group; Students will be able to explain the specific contribution each food group makes to the body's health.
21	Lesson 7		Lesson 7 Activity 2	Students will recognize the importance of eating healthy snacks; Students will thank God for the gift of food.
22	Lesson 8			Students will identify the connection between good grooming and health; Students will be able to describe specific personal health habits.
23	Lesson 9			Students will identify the function of their teeth; Students will be aware of the importance of taking care of their teeth; Students will understand the process of replacement of primary teeth with secondary teeth.
24	Lesson 10		Lesson 10 Activity 2	Students will define plaque; Students will be able to identify the relation between plaque and cavities; Students will identify tooth brushing as a way to prevent cavities; Students will practice or identify tooth-brushing techniques.
25	Lesson 11			Students will review personal health practices; Students will choose to take responsibility for making healthy choices.

26	Lesson 1	UNIT 6		Students will become aware of the need for considering their own safety and the safety of others; Students will identify safety rules for specific situations.
27	Lesson 2			Students will identify pedestrian traffic signs and signals and their purpose; Students will be able to explain pedestrian safety rules and the reasons for them; Students will be able to explain rules of car passenger safety.