



PERTH AMBOY PUBLIC SCHOOLS  
**Health and Physical Education – Grade 1**

<b>SCOPE AND SEQUENCE</b>	
Lesson	TOPIC
<b>UNIT 1: FAMILY &amp; COMMUNITY HEALTH</b>	
1	Launch Lesson (Decision Making in the Classroom)
2	Decision Making (Influences & Effects (Physical, social, and emotional)
3	Impact of Character on self and others
4	Relationship Skills: Factors contributing to Healthy relationships
5	Interpersonal Communication: Expressing Wants, Needs, Feelings in health/ safety related situations
6	Roles and responsibilities of family members
7	Environmental Safety: Indoor and Outdoor
8	Halloween safety
9	What to do in an emergency
10	Community Helpers
<b>UNIT 2: ALCOHOL, TOBACCO &amp; DRUGS</b>	
11	Medicines: Over the Counter and Prescription
12	Harmful effects and products that contain alcohol
13	Harmful effects of inhalants and tobacco/ vaping
14	Drug abuse & treatment
<b>UNIT 3: WELLNESS</b>	
15	Physical activity promotes wellness
16	Social Emotional: What are feelings (fear, nervousness, excitement) and how do they affect one’s wellness
17	Social Emotional: Coping Skills and Stress
18	Germs and how they spread
19	Personal Hygiene and how it supports Wellness
20	Identify Gender characteristics
21-22	Identify Body Parts/ Systems with correct terminology
23	Nutrition: MyPlate- foods differ in nutritional content and value
24	Nutrition: The Value of Food Groups and Labels
25	Nutrition: Healthy versus Unhealthy eating

Scope and Sequence



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Unit/Topic/Skill	Notes
FAMILY AND COMMUNITY HEALTH	
ALCOHOL, TOBACCO AND OTHER DRUGS	
WELLNESS	