2007–2008 HEALTH LESSON PLANS
ROTATION WEEK #__1__
Grade__1__ Homeroom__ANDERSON__

DAY 1
MAIN IDEA: [CARPET] - INTRO - WHAT IS HEALTH? GOOD FOOD, CHARACTER, WISE DECISIONS
LESSON: SAY "NO", YOUR FEELINGS, MISTAKES, AND LIFE SKILLS.
[SHOW THE ROOM] - POSTERS, "OSCAR" SKELETON, KLEENEX, PENCIL SHARPENER
[PLAY CD] - LET'S FIGURE OUT HEALTH
[FOLDERS] MAKE A HEALTH FOLDER "DRAW"/COLOR

DAY 2 ⊙SEATING CHART
MAIN IDEA: [CARPET] - ⊙READ B.B pg 4-5 on", READER pg 2-3
LESSON: I HAVE GOOD HEALTH WHEN I "
[PLAY CD] -

DAY 3
MAIN IDEA: [CARPET] - B.B 6+7 READER pg 4-7 GOOD CHARACTER
LESSON: [GO TO SEAT] TRANSPARACIES 1, 2, 3
HM #1 - DO TOGETHER. IF TIME DRAW PIC. OF BEING RESPONSIBLE

DAY 4
MAIN IDEA: [CARPET] - REVIEW GOOD CHARACTER
LESSON: [READER] - pg 6-10 ROLE PLAY pg 9-10 w/ONE OTHER
HM 4+5 DO TOGETHER
HM #4 ⊙REPEAT THE 6 SENTENCES ⊙ ☺ OR ☹ ON BOARD. HM #5 CROSSOUT WORD "CIRCLE" PUT AN "X"

DAY 5
MAIN IDEA: [2 VIDEOS] - CHILDREN MAY SIT ON CARPET
LESSON: ① TUBBY TIRES SCHOOL BUS VIDEO - 5MIN
DISCUSS
② VIDEO - PLAYGROUND SAFETY 15 MIN.
DISCUSS

IF TIME DRAW A PICTURE OF BEING SAFE - PLAYING AT A PARK.

Week 1

Lesson Plans

Grade 1 Homeroom Lanaker

Day 1
Subject: Sit on Carpet - Introduction - Welcome to Health!

Lesson: Show the room, - posters - Oscar - skeleton - Kleenex - waste basket - pencil sharpeners.
Play C.D - Let's Figure out Health
Matte construction paper Folders. Brainstorm of board health words to draw/color on folders.

Improvements:

Day 2
Subject:

Lesson: (1) Start on Carpet. (3) B.B - pg 4-5 - back on carpet!
(2) Seating Chart
(4) Reader - pg 2-3
(5) I have Good Health when I " " Teach manual #5

Improvements: (6) If time - listen to C.D from Day 1 a couple more times

Day 3
Subject: (1) B.B. 6+7 (2) Reader pgs 4-7 Good Character

Lesson: Go to seats -
(3) Transparancies 1,2,3
(4) H.M #1 - Do together. We had 5 min. left over, so - turn over paper and on the back draw a pic. of you being responsible.

Improvements:

Day 4
Subject:

Lesson: Start on blue carpet - Review "Good Character"
Reader - pgs 6-10. Role Play pgs 9-10 w/ one other student.
H.M - 4 + 5 - Do together
H.M #4 - (1) Repeat the 6 sentences
(2) - ☺ or ☹ put on board
H.M #5 - Cross out word "circle" in direction w/ an "X"

Improvements:

Day 5
Subject: 2 Videos - Children may sit on carpet/or at seat.

Lesson: (1) Toby Tire's School Bus Video - 5 min
Discuss
(2) Video - Playground Safety. 15 min.

Improvements: Discuss

If time - using plain white paper - draw a picture of you being safe - playing at a Park!

2009-2010 HEALTH LESSON PLANS

ROTATION WEEK # 1

My Health Folder
name First + Last
1-A

GRADE 1 HOMEROOM Landaker, Hanson, Anderson

DAY 1
MAIN IDEA: Introduction - Start on Carpet
LESSON: (1) Show the room - "body" - posters - carpet - washroom
12/30 (2) Play CD - Let's Figure Out Health - say words 1st
Play 2-3 times
(3) Assign seats - @ tables even B's + G's - write names on seating chart
(4) make construction paper folders
walk kids thru it. Brainstorm on the board words to draw on the paper.

DAY 2
MAIN IDEA: B.B. - 4-5 Good Health - (ON CARPET) (-Tpg 2-3)
LESSON: Reader pgs 2 + 3
12/1 Play C.D - Let's Figure out Health
Sit in Seats.
Finish sentence 1 @ time orally "I have Good Health when I ___"
If time left over, copy sentence @ top of plain white paper.
Now draw in as many pics as you can.

DAY 3
MAIN IDEA: (1) Bus Safety 14 min Video - Winnie the Pooh's
LESSON: Great School Bus Adventure - Discuss
12/2 (2) Donald Duck's Fire Safety Hits (Song sheet to pass out - Then put in folders)
Show Donald's Fire Drill - 16 min.
May run out of time!!

DAY 4
MAIN IDEA: On Carpet
LESSON: Review sentence: "I have good health when I ___"
12/3 Reader - 4-5
B.B. 6-7 Reader 6-7
Sit @ seats. Transparancy 1 + 2
Finally H.M #1. (collect. put in bin by window)

DAY 5
MAIN IDEA: On Carpet
LESSON: Reader - 8-15.
12/4 H.M #4 - Wise Decisions
H.M #5 - SAY NO

Listen to the C.D. one more time.

[redacted]

HEALTH CLASS

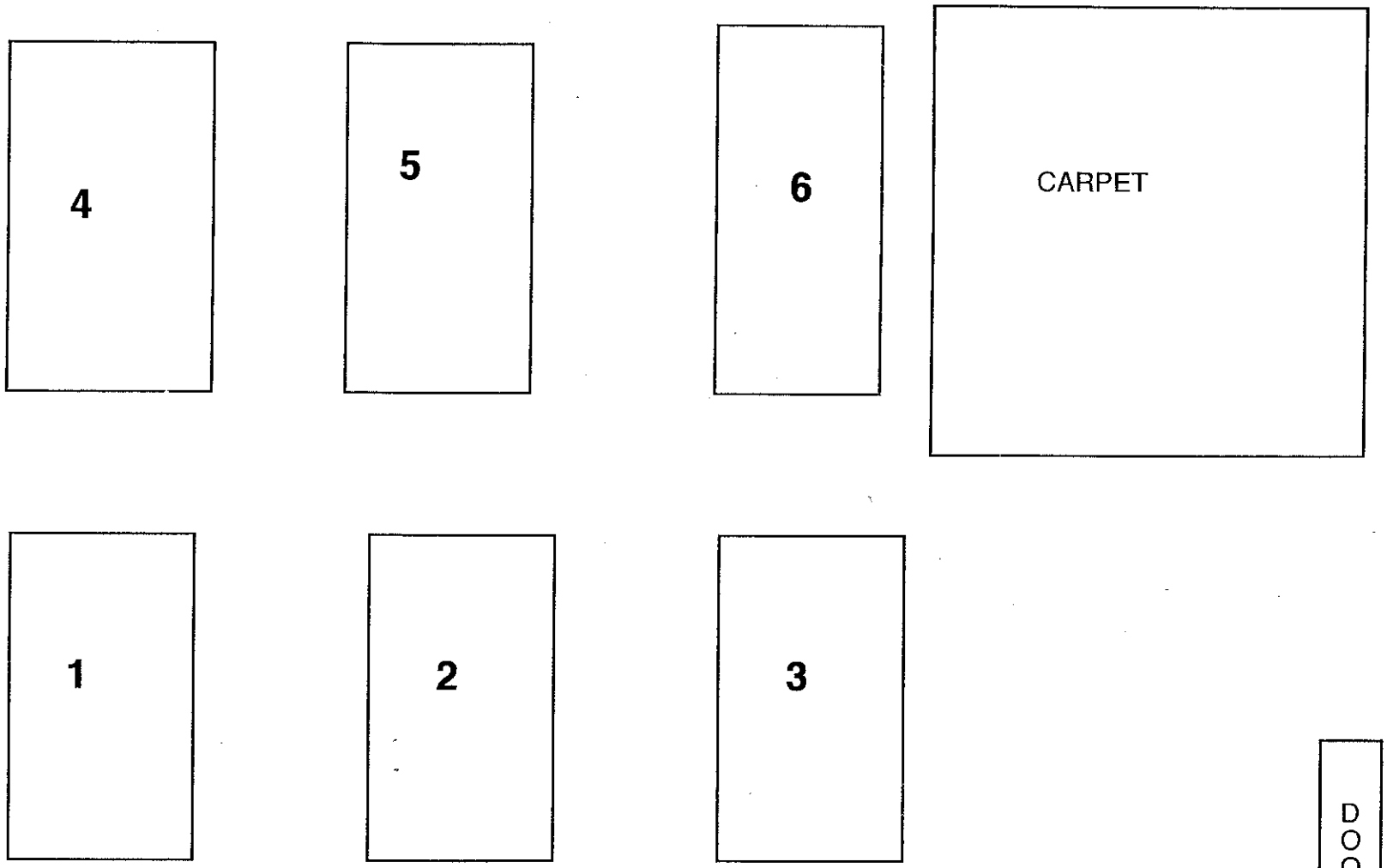
Day 1

1st Grade

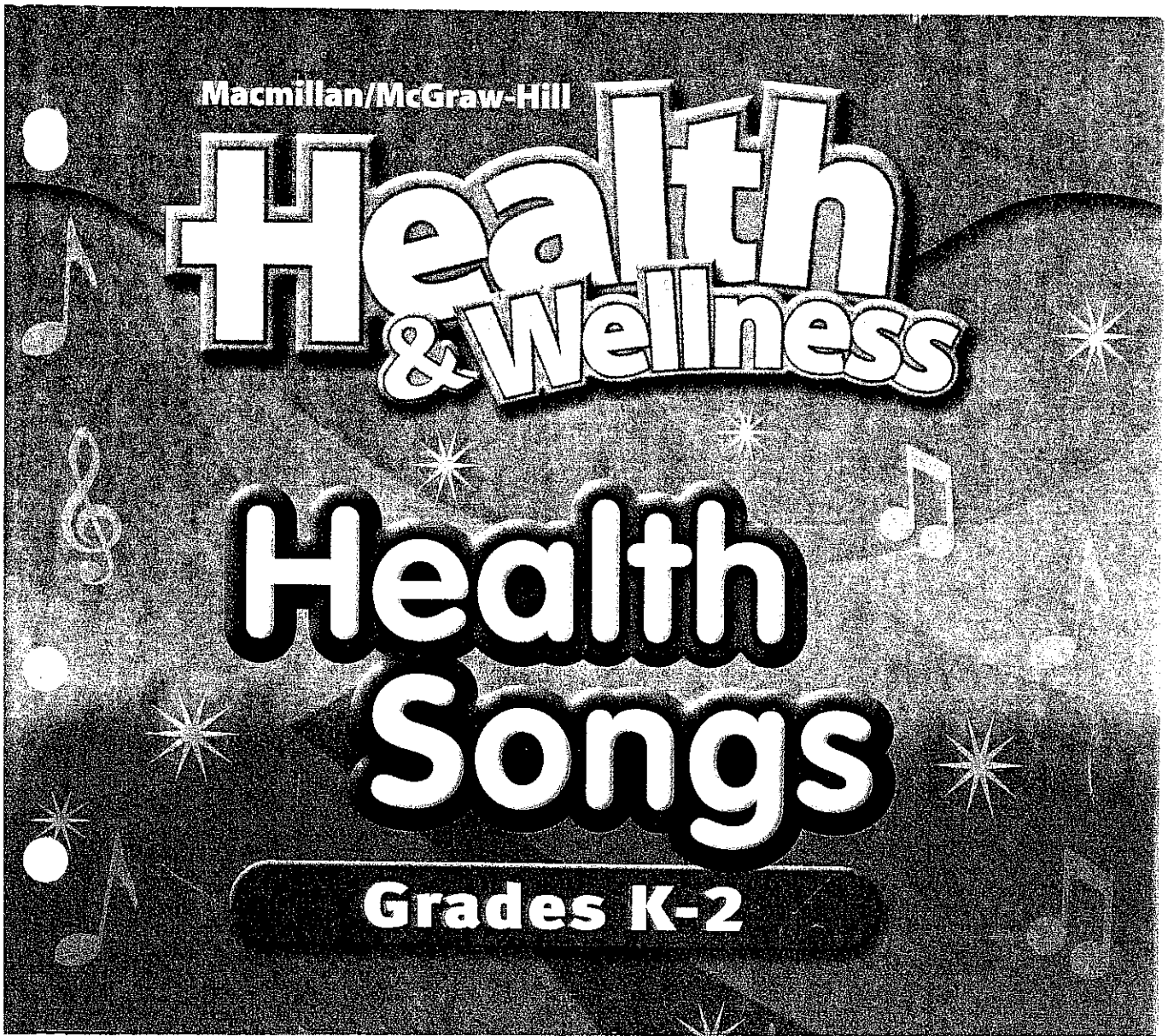
Let's talk about Health

HEALTH CLASS SEATING CHART

HOMEROOM_____ _____ _____ _____GRADE_____



PLAY CD


Macmillan/McGraw-Hill
Health & Wellness
Health Songs
Grades K-2

READ A LINE AND HAVE THEM SAY IT BACK

1. Let's Figure Out Health

You got your mind, your body and your feelings
Working together all day
Working while you work, and working while you play

You got your mind, your body and your feelings
That's what we're learning about
It's complicated, but we can figure it out

And once you know, you'll always know
The parts that make up your health
And once you know, you'll always know
How to take care of yourself

HEALTH CLASS

Day 2

1st Grade

Let's figure out Health

I have good Health when I_____.

HEALTH CLASS

Day 3

1st Grade

Bus Safety
Winnie Pooh Song

Sing-Along
Think Safety

Think, think, think safety!

Chorus:
Whenever you ride the bus,
Whenever you go to school,
or whatever you do,
Take a little tip from us
And always think safety too
Like Winnie the Pooh.
It's a little tip that you can trust,
Safety is a must
Whenever you ride the bus.

Line up when you see the bus
Two big steps from the street.
Hold the rail when you get on the bus
You could slip and hurt your beak!
Think safety.

Think, think, think safety!
Repeat Chorus

Don't eat or drink when you ride the bus,
You could choke or spill your food.
Don't fight, be very courteous,
And never, never be rude.
And don't ever throw things about
Or somebody might get hurt.
Speak softly and never ever shout
So the driver can stay alert.
Repeat Chorus
Whenever you ride the bus.
Whenever you ride the bus.

Walk to the edge of the bumper of the bus
And always look both ways.
Then listen very carefully—hush!
If no cars are coming, then crossing's okay.

Think safety.
Repeat Chorus
Whenever you ride the bus.
Whenever you ride the bus.

Disney Educational Production

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