1ST GRADE PERSONAL HEALTH LESSON 1

Length: 60 minutes



Materials needed:
1st Grade Personal Health Storybook 1
1st Grade Personal Health Worksheet 1
Simon Says Anatomy Game (one for each student)
Scissors, glue sticks, Tape

Learning Objectives

- name external body parts
- identify key organs, their locations, and functions
- analyze differences in growth
- learn about various common health issues

Storybook

Discussion questions:

- What's an important way to keep your heart healthy?
- What's the last part of your external (outer) body that you injured?
- Can you name another internal organ that wasn't in the story?

Video

- Space is needed for the simon says portion of the video

Follow Up

- Health Schedule: students chronicle one different colored food per day. After a week, have a quick discussion where every student shares their thoughts. Encourage more participation in them.
- Have students discuss one way to keep their internal organs healthy. (exercise, nutritious diet, good mental health, etc.)

Sequence of activities

Storybook (5-7 minutes)
Worksheet (24-26 minutes)
Video (8 minutes)
Kinesthetic Activity (20-22 minutes)

Worksheet

- Have students cut out the internal organs
- If they need help, refer to the previous worksheet page with the answers

Kinesthetic Activity

- each student needs a copy of the sheet
- scissors, glue sticks, and coloring items needed
- requires extra piece of paper underneath so not to get glue on desks