

**Health TEKS Integration
Grade One**

TEKS	Health TEKS	P.E./ WELLNESS	SCIENCE	NURSES	COUNSELORS	DARE/ GREAT
1.1(A)	describe and practice activities that enhance individual health such as enough sleep, nutrition, and exercise	✓		✓		
1.1(B)	describe activities that are provided by health care professionals such as medical check-up and dental exams	✓		✓		
1.2(A)	identify and use protective equipment to prevent injury	✓		✓		
1.2(B)	name safe play environments	✓		✓		
1.2(C)	name the harmful effects of, and how to avoid, alcohol, tobacco, and other drugs	✓		✓		✓
1.2(D)	identify ways to avoid weapons and drugs or harming oneself or another person by staying away from dangerous situations and reporting to an adult	✓		✓		
1.2(E)	identify safety rules that help to prevent poisoning			✓		✓
1.2(F)	identify and describe safe bicycle skills	✓				
1.2(G)	identify and practice safety rules during play	✓			✓	
1.2(H)	identify how to get help from a parent and/or trusted adult when made to feel uncomfortable or unsafe by another person/adult			✓	✓	
1.3(A)	explain ways to seek the help of parents/guardians and other trusted adults in making decisions and solving problems	✓		✓	✓	
1.3(B)	describe how decisions can be reached and problems can be solved	✓			✓	
1.3(C)	explain the importance of goal setting and task completion	✓			✓	
1.4(A)	identify and demonstrate use of the five senses		✓	✓		
1.4(B)	identify major body structures and organs and describe their basic functions			✓		
1.4(C)	identify and apply principles of good posture for healthy growth and development	✓		✓		
1.5(A)	identify people who can provide helpful health information such as parents, teachers, nurses, and physicians			✓		
1.5(B)	list ways health information can be used such as knowing how to brush teeth properly			✓		
1.6(A)	identify examples of health information provided by various media	✓				
1.6(B)	cite examples of how media and technology can affect behaviors such as television, computers, and video games	✓				
1.7(A)	name types of germs that cause illness and disease			✓		
1.7(B)	identify common illnesses and diseases and their symptoms			✓		

1.7(C)	explain common practices that control the way germs are spread			✓		
1.8(A)	name various members of his/her family who help them to promote and practice health habits			✓		
1.8(B)	describe ways in which a person's health may be affected by weather and pollution			✓		
1.9(A)	demonstrate respectful communication	✓				
1.9(B)	list unique ways that individuals use to communicate such as using body language and gestures	✓				
1.9(C)	express needs, wants, and emotions in appropriate ways	✓			✓	
1.9(D)	describe and practice techniques of self control such as thinking before acting	✓			✓	
1.10(A)	describe ways to build and maintain friendships	✓			✓	
1.10(B)	practice refusal skills to avoid and resolve conflicts	✓		✓	✓	