

## NEW MEXICO EDUCATIONAL STANDARDS

Lessons in the SDHW Written Curriculum that address all or part of all or part of these New Mexico Health Education Standards for **FIRST GRADE**:

<b>Standard 1 - Students will comprehend concepts related to health promotion and disease prevention.</b>	
Identify/describe/understand the relationships between personal health behaviors and individual well being.	Lessons that address all or part of this benchmark: 1.3, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Describe the basic structure and functions of the human body systems.	Lessons that address all or part of this benchmark: 1.2
Describe how physical, social, and emotional environments influence personal health.	Lessons that address all or part of this benchmark: 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment

<b>Standard 3 - Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	
Identify responsible health behaviors.	Lessons that address all or part of this benchmark: 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Identify personal health needs.	Lessons that address all or part of this benchmark: 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Compare behaviors that are safe to those that are risky or harmful.	Lessons that address all or part of this benchmark: 1.3, 2.1, 2.2, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment
Develop injury prevention and management strategies for personal health.	Lessons that address all or part of this benchmark: 1.1, 1.3, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment

<b>Standard 5 - Students will demonstrate the ability to use interpersonal communication skills to enhance health.</b>	
Demonstrate attentive listening skills to build and maintain health-enhancing relationships.	Lessons that address all or part of this benchmark: 1.1, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2

<b>Standard 6 – Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</b>	
Predict outcomes of positive health decisions.	Lessons that address all or part of this benchmark: 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.3, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment

**Standard 7 - Students will demonstrate the ability to advocate for personal, family, peer, and community health.**

Express information and opinions about health issues.	Lessons that address all or part of this benchmark: 2.5, 4.5
Demonstrate the ability to influence and support others in making health-enhancing choices.	Lessons that address all or part of this benchmark: 2.1, 2.5, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.3, 4.4, 4.5, Assessment