

Grade 1 Health Pacing Guide			
Chapter	Days	Lessons	Assessment
1 Personal Health	8	1.1–1.4 (4)	4
2 Personal Safety	8	2.1–2.4 (4)	4
3 Emotional and Intellectual Health	8	3.1–3.4 (4)	4
4 Physical Health	8	4.1–4.4 (4)	4
5 Nutrition	8	5.1–5.4 (4)	4
6 Community Resources	4	6.1–6.2 (2)	2
	6	7.1–7.3 (3)	3
8 Alcohol, Tobacco, and Drugs	6	8.1–8.3(3)	3
9 Safety and Injury Prevention	12	9.1–9.12 (12)	6
	4	10.1–10.2 (2)	2

Year-to-Date
8
16
24
32
40
44
50
56
68
72