

Language Arts: Phonics



Letters and Sounds 1 is a complete phonics practice seatwork book. Each phonics element necessary for learning to read is systematically reviewed in an appealing way. The many puzzles, riddles, exercises, and illustrations are designed to teach word analysis skills, build vocabulary, and increase reading comprehension.



Handbook for Reading is an invaluable teaching tool for the application of phonics rules. The words for students to read are arranged to correlate with the sequence in which diphthongs, digraphs, consonant blends, etc., are taught. Ample practice and thorough review help students master phonics concepts. The early introduction of short vowels allows students to read whole words, sentences, and stories during the first few weeks of first grade.

Added Enrichment

- Review games
- During independent seatwork:
 - Circle special sounds /mark vowels
 - Write word other than clue word for special sound
 - Underline root word/circle suffix
- Write or match rhyming words
- Add correct special sound to beginning /middle of word
- Add suffix to given root word
- Match special sound to correct word

Evaluation

- Oral and written phonics tests (32)

➤ **RED** indicates first introduction of content.

Skills Development

- Review: long and short vowel sounds, consonant sounds
- Blend consonants with vowels
- Blend special sounds with vowels
- Review 47 special sounds and clue words learned in K5
- Learn and apply 85 additional special sounds and clue words: special sounds include consonant blends, diphthongs, digraphs, 11 suffixes, 5 prefixes
- Demonstrate ability to provide other example words that contain special sounds
- Understand that syllables are parts of words
- Be able to identify root words
- Demonstrate ability to add suffixes using the rules:
 - When a root word ends with a single consonant and the vowel is short, the consonant is usually doubled before adding a suffix beginning with a vowel.
 - When a root word ends with a silent *e*, the *e* is usually dropped before adding a suffix that begins with a vowel
- Demonstrate ability to add prefixes to root words correctly
- Correctly divide words into syllables between:
 - Double consonants; root words and suffixes
 - A vowel and a consonant
 - Two differing consonants
 - Prefixes and root words
- Master phonics rules including:
 - One- and two-vowel rules: When there is one vowel in a word, it usually says its short sound. When there are two vowels in a word, the first vowel says its long sound and the second vowel is silent.
 - When a consonant is doubled at end of a short word, it says its sound one time.
 - *c-k* usually follows a short vowel (ex.: back)
 - *k-e* follows a long vowel (ex.: bake)
 - *c/k* rhyme: *k* comes before *i* and *e*; *c* before the other three—*a*, *o*, *u* (ex.: key, cat)
 - Suffix *-s* says "s" or "z"
- Know and apply tips for learning special sounds:
 - "ck in duck" usually follows a short vowel; says the *k* sound one time only
 - "e in me" says long *e* sound when only vowel at end of short word
 - "o in go" says long *o* sound when only vowel at end of short word
 - "y in fly" says long *i* sound when at end of short word
 - "ay in pray" usually comes at end of word
 - "ou in out" usually comes in middle of word
 - "ow in owl" usually comes before *n*, *l*, or at end of word
 - "oi in coin" usually comes in middle of word or syllable
 - "oy in boy" usually comes at end of word or syllable
 - "kn in knot" comes at beginning of word or syllable; *k* is silent
 - "gn in gnat" comes at the beginning of a word; *g* is silent
 - "a in adopt" comes at the beginning of a word ("a" usually says short "u" at the beginning of any word)
 - "le in little" usually comes at end of word with two or more syllables
 - Suffix *-ed* can say "t" or "d," or it can say "ed" when it comes after *t* or *d*
 - "wh in whale" says "h" when followed by *o*
 - "tch in patch" usually follows a short vowel
 - "ew" can say "oo" or long "u"
 - When *c* comes before *e*, *i*, or *y*, it says "s"
 - When *g* comes before *e*, *i*, or *y*, it says "j"
 - "dge in fudge" usually follows a short vowel
 - "wr in wrinkle" has a silent *w*
 - "are in care" can be sounded using two-vowel rule
 - "ure in pure" can be sounded using two-vowel rule
 - "sion in television" is usually found in a word with one *s*
 - "sion in missionary" *s* says "sh"; usually followed with another *s*
 - "or in sailor" comes at end of word with two or more syllables
 - "ar in dollar" comes at end of word with two or more syllables
 - Apply phonics concepts to reading

Language Arts: Reading



First graders learn that there is a whole new world just waiting for them as they advance their reading skills. The early readers coordinate the reading material with the phonics concepts students are learning. Students move from stories with simple one- and two-vowel words to stories based on children's classics, giving them valuable practice in applying phonics skills. Each reader features delightful, character-building selections that appeal strongly to the interests of first graders.

Literary Value

- 44 authors, including well-known writers such as Aesop, Christina Rossetti, Robert Louis Stevenson, and Lewis Carroll
- Character-building and patriotic story themes such as honesty, integrity, courage, kindness, industry, forgiveness, and unselfishness

Materials

- Readers (10) containing:
 - Short stories (184)
 - Plays (3)
 - Poems (73)
- *Primary Bible Reader* containing selected Scripture reading (24 lessons)

Evaluation

- Weekly oral reading grade

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Reading Skills Development

- Read and decode (sound out) words by applying phonics sounds and rules
- Strive for increasing:
 - Accuracy, correct enunciation, fluency
 - **Phrasing**
 - Alertness to punctuation; good expression; comprehension
 - Appropriate pace for grade level
 - Volume; poise
- Follow along as others read orally
- Receive differentiated instruction with ability grouping

Readers

- *Fun with Pets* contains 15 stories including one- and two-vowel words, sight words, words ending in two different consonants, phrases, and sentences; using apostrophes in possessives and contractions; practicing "z" sound for letter s; observing punctuation and practicing appropriate expression; defining vocabulary; answering oral and written comprehension questions; practicing rhyming words, marking words phonetically; includes story/character themes and scriptural applications.
- *Tiptoes* contains 32 stories and 8 poems (realistic fiction, animal tales, Scripture reading) reviewing one- and two-vowel words, sight words, and sentences; practicing special sounds with consonant blends from phonics charts 6–7, all punctuation marks, contractions and compound words; answering oral comprehension and discussion questions with written comprehension/application activities; practicing accuracy in reading with smoothness and speed; includes introductions and story themes featuring Christian virtues and character traits.
- *Stepping Stones* contains 18 stories, 7 poems, and 1 play focusing on phonics charts 8–9; practicing new sight words, punctuation marks, apostrophes in possessives, compound words, contractions; introducing two-syllable words, root words, and suffixes; answering inferential questions, drawing conclusions, recalling events of story in proper sequence; answering oral and written comprehension questions/application activities; building vocabulary using advanced words and definitions; applying story themes to build Christian virtues/character.
- *Secrets and Surprises* contains 11 stories, 31 poems, and 2 plays for practicing special sounds from phonics charts 8–11, root words, and

suffixes; defining unfamiliar vocabulary words; practicing accuracy in reading with smoothness and expression; responding to oral comprehension/discussion questions; completing analytical activities including plot sequencing, character comparisons, illustration interpretation, content application, and word usage.

- *Kind and Brave* contains 18 stories and 10 poems including fables, folk literature, realistic fiction, animal tales, biographical stories, Scripture reading; emphasizing special sounds from phonics charts 10–11; expanding reading vocabulary through use of prefixes and suffixes; applying phonics rules through oral/written word practice pages; improving enunciation, poise, and volume; applying character themes with related Scripture verses; answering comprehension/discussion questions; drawing conclusions from facts given in story; completing sequencing, choral reading, supplemental library enrichment activities.
- *Aesop's Fables* contains 27 character-/moral-themed stories including related Scripture for each fable; practicing phonics charts 8–11; reviewing syllabification and word division rules, suffixes, prefixes, root words, and compound words; emphasizing conversational tone in reading dialog; analyzing given information to select correct answers for oral/written comprehension activities; play-acting and visual demonstration activities.
- *Strong and True* contains 22 stories and 7 poems consisting of fables, folk literature, animal tales, biographical stories, realistic fiction, Scripture reading; reviewing phonics charts 12–13; including character themes emphasizing loyalty and patriotism; applying phonics rules through oral/written word practice pages; expanding vocabulary using unfamiliar words and definitions; answering inferential questions, drawing conclusions, recalling events of story in proper sequence; answering oral and written comprehension questions; completing sequencing, choral reading, supplemental library enrichment activities.
- *Down by the Sea* contains 16 stories and 4 poems including animal tales, Scripture reading, poetry, realistic fiction; providing comprehensive review of phonics charts 6–13, punctuation, contractions, prefixes, and suffixes while increasing vocabulary; answering factual, inferential, and interpretive questions; drawing conclusions relating to setting, main characters, climax, moral, cause and effect, plot; applying language skills to written activities including synonyms, antonyms, homonyms, rhyming words; completing sequencing, choral reading, visual recognition/comprehension, supplemental library enrichment activities.

Reading cont.

Readers cont.

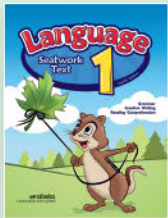
- *Animals in the Great Outdoors* contains 25 stories and 6 poems including animal tales, Scripture reading, poetry, realistic fiction; providing comprehensive review of phonics charts 6–13, contractions, and compound words; including story/character themes/Bible verses for application; answering literal and interpretive comprehension/discussion questions; drawing conclusions relating to setting, main characters, climax, moral, cause and effect, plot; applying language skills to written activities including compound words, homonyms, rhyming words, illustration interpretation; recognizing false/incorrect information and formulating correct responses; completing sequencing, choral reading, visual recognition/comprehension, supplemental library enrichment activities.
- *Primary Bible Reader* contains familiar stories of Scripture such as Creation, the Christmas story, Life of Christ, as well as selected verses for age-appropriate personal application to promote independent Bible reading.

Comprehension, Discussion, & Analysis Skills Development

- Answer factual and interpretive questions for most stories and poems
- Answer inferential comprehension and discussion questions

- Read sight words; challenging words
- Complete integrated phonics, language, and reading skills activities such as:
 - Marking short and long vowel sounds
 - Circling special sounds
 - Adding correct special sounds to complete words
 - Reading clues to solve puzzles
 - Filling in the blank with correct word/phrase to complete a sentence
 - Matching pictures with descriptive words
 - Matching pictures with descriptive phrases or sentences
 - Choosing correct sentences for telling events in story
 - Choosing correct picture to answer comprehension questions about the story
 - Numbering pictures in correct story sequence
 - Marking root words and suffixes
 - Identifying parts of compound words
 - Forming contractions
 - Matching rhyming words; writing rhyming words
 - Matching picture with correct homonym
 - Reading comprehension question and circling correct answer

Language Arts: Language



Designed for use during independent work times, the work-text *Language 1* provides daily exercises to help students increase thinking skills, improve reading comprehension, and develop creative writing ability. By the end of the year, students will be able to write in complete sentences, capitalize the first word of a sentence, capitalize the days and months, place a period at the end of a sentence, know and use suffixes and prefixes, and alphabetize words.

Added Enrichment

- | | |
|--------------------------------|---------------------------------|
| ▪ Review games | ▪ Write original sentences (48) |
| ▪ During independent seatwork: | ▪ Alphabetical Order (12) |
| ▪ Copy sentences (16) | ▪ Reading Comprehension (8) |
| ▪ Finish sentences (61) | ▪ Verb Tenses (5) |

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Grammar

- Capitalization:
 - First word in the sentence
 - Days of week and months of year
 - Proper Names
 - Names of God
- The word *I*
- Punctuation: correctly use period at end of a telling sentence
 - Correctly use question mark at end of asking sentence
 - Correctly use exclamation point at end of expressive sentence
- The sentence: always begin with capital letter
- Word study and diction:
 - Determine number of syllables

- Find root words
- Add suffixes and prefixes to root words
- Recognize and use:
 - Compound words; rhyming words
 - Opposite words (antonyms)
 - Same-meaning words (synonyms); same-sounding words (homonyms)
 - Contractions
- Divide a word into syllables between:
 - Double consonants
 - Possessives
 - Plurals
 - Verb tenses/subject-verb agreement
 - Root words and suffixes

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Language *cont.*

Grammar *cont.*

- A vowel and a consonant
- Two consonants that are not alike
- Two vowels that are not alike
- Prefixes and root words
- Alphabetize words
- Comprehend reading material and answer questions

Composition

- Write:
 - Interesting sentences, paragraphs
 - Short narratives
 - Copying/completing sentences (74)
 - Writing original sentences (52)

Language Arts: Cursive Writing/Creative Writing



Cursive Writing

Writing with Phonics 1 is designed for use as a first-grade cursive writing work-text. Students learn the proper formation and slant of letters and the correct spacing between letters, words, and sentences. Through daily writing exercises, students will practice and review what they are learning in phonics, beginning with single letters and progressing to special sounds, words, sentences, paragraphs, and poems.

Creative Writing

Beginning in lesson 81, penmanship class will focus primarily on creative writing skills and some penmanship review. Creative writing skills will be taught in a sequence that will prepare students to write their own stories.

Added Enrichment

- Animal booklet compilation
- Creative writing exercises/drawing during:
 - Science (11)
 - History (9)
 - Health (4)

Evaluation

- Tests (31)

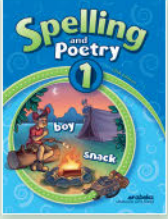
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Skills Development

- Achieve good writing position:
 - Sitting properly in desk
 - Holding pencil correctly
 - Slanting paper correctly
- Review correct formation for all lowercase letters, numbers 1–10, and the 12 capital letters learned in K5
- Learn formation for remaining 14 capital letters
- Perfect writing skills for a good overall appearance:
 - Forming difficult letters correctly
 - Placing letters correctly on the lines
 - Using proper spacing between letters and words
 - Slanting letters properly
 - Writing slowly and carefully
 - Making smooth connections between letters, difficult letters, blends
 - Using key strokes: trace, smile, wave, loop, oval, mountain
- Gradually decrease size of writing

- Evaluate writing for personal improvement
- Correctly write:
 - Blends, one- and two-vowel words, and sentences
 - Paragraphs and poems
- Creative Writing
 - Learning the writing process: read and gather, think and plan, write and rewrite, check and polish, share your results
 - Use proper punctuation and capitalization; simple sentence structure; recognize difference between phrases and sentences; fill in missing words in sentences; write sentences using suggested words; choose titles; develop stories using assigned themes; solving riddles; sequencing; writing a process summary, starting/concluding sentences; writing friendly letters
 - Compositions include these themes:
 - Animal, historical, seasonal, character building, plants, school, ocean, "how to"
 - Compositions:
 - During Creative Writing (8)
 - During Seatwork (12)

Language Arts: Spelling & Poetry



In *Spelling and Poetry 1*, first graders apply the phonics concepts they are currently learning as they master the spelling of approximately 420 words. Most of the words in *Spelling and Poetry 1* are arranged phonetically, which teaches students to recognize basic spelling patterns. They will learn sight words, contractions, and abbreviations that they will encounter frequently in their reading and writing. First graders will also learn eight poems that will help them develop their oral speaking skills while deepening their appreciation for poetry.

Added Enrichment

- Spelling lists (30):
 - Total words (420)
 - Organized by special sounds
- Worksheet activities reinforce new concepts
- Homework sheets include spelling list and helpful hints or special sounds featured in the list (30)
- Spelling games

Evaluation

- Spelling words tested in 30 of the 32 phonics tests

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Spelling Skills Development

- Master spelling lists including sight words, abbreviations, and contractions
- Apply spelling and phonics concepts through daily:
 - Teacher-directed oral practice
 - Independent written practice
- Hear spelling words used in sentences and clearly picture each word's meaning
- Learn to differentiate between words that sound alike
- Use spelling words in creative writing exercises
- Learn spelling rules:
 - Know: one- and two-vowel rules; *k* comes before *i* and *e*; *c* comes before *a*, *o*, *u*
 - Correctly use at end of word:
 - Double consonants *ll*, *ff*, or *ss*
 - Vowels *e*, *o*, or *y*
 - *ck* after a short vowel; *ke* after a long vowel
 - Double a consonant before adding a suffix that begins with a vowel
 - Drop the silent *e*

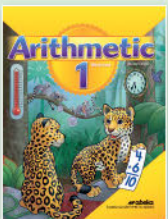
Worksheet Activities:

- Marking special phonics sounds
- Marking roots and suffixes
- Completing words and sentences
- Arranging words alphabetically
- Identifying misspelled words, opposites, rhyming words
- Categorizing words by special phonics sounds
- Solving word puzzles and riddles
 - Associating words with pictures
- Matching words with their meaning
- Combining root words and suffixes *-ing*, *-ed*

Poetry Skills Development

- Memorize 8 lyrical poems
- Develop appreciation of poetry
- Perform in front of an audience
- Recite in unison
- Develop appropriate expression and volume
- Improve comprehension through thinking questions
- Learn terms such as *title* and *author*
- Maintain interest and increase comprehension through added learning features such as actions and hand motions

Arithmetic



Using delightful themes and full-color illustrations, *Arithmetic 1* presents concepts in an orderly manner, building on prior learning and including consistent year-long review. Concepts include counting, writing and reading numbers, place value, addition and subtraction, money, graphs, measurements, time, temperature, and fractions. Applications to real-life situations and daily thinking questions stretch the students' reasoning ability.

Added Enrichment

- Thematic units: zoo, farm, ocean, spring
- Introductory song and/or poem for each unit
- Review games

Evaluation

- Written tests (32)
- Daily timed skills-development exercises (126)
- Oral tests (32): combinations, answers, and complete instructions for oral tests in daily lesson plans

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Numbers

- Recognizing numbers:
 - 1-100
 - 101-1,000

- Understanding concepts:
 - 1-100
 - 101-1,000
 - Counting:
 - Money
 - Ordinal numbers: 1-10

Arithmetic cont.

Numbers cont.

- Forward and backward by ones, twos, fives, and tens
- Forward by twenty-fives
- By threes from 3 to 36
- Tally marks
- Roman numerals 1–10
- By even and odd numbers
- Ordinal numbers: 11–20
- Writing numbers:
 - By ones, twos, fives, and tens to 100
 - Words one–twelve
 - Words thirteen–twenty
 - To 1,000
 - By threes to 36
 - Using tally marks
- Comparing:
 - Greater /less, greatest /least
 - Before /after
 - By ones, twos, fives, tens
 - Using symbols > and < to show greater than and less than
 - Before and after: by twos, fives, tens
 - Place value:
 - Illustrating numbers and place value with objects
 - Understanding hundreds, tens, ones
 - Ordering four numbers
 - Addition with carrying

Addition

- Review of addition families 1–10
 - Learn addition families 11–18
 - Horizontal and vertical form
 - Oral or written
- Addition “twins” (concept of commutative principle)
- Timed mastery
- Missing terms
- Word problems:
 - Oral
 - Written
- Writing addition number sentences
- Addends:
 - Column addition with up to five single-digit addends
 - Two- and three-digit problems without carrying
- Carrying two- and three-digit numbers with carrying to the tens and hundreds places
- Mental arithmetic:
 - Problems with up to 5 single-digit numbers
 - Problems combining single-digit addition and subtraction up to 3 numbers
- Adding coins

Subtraction

- Recognizing symbol: - (minus)
- Subtraction families 1–18:
 - Vertical and horizontal form
 - Oral or written
- Subtracting coins

- Timed mastery
- Missing terms
- Mental arithmetic: problems combining single-digit addition and subtraction up to 3 numbers
- Writing subtraction number sentences
- Subtracting:
 - One-digit problems
 - Two- and three-digit problems without borrowing
- Word problems: oral, written

Multiplication

- Building blocks:
 - Repeated addition
 - Objects to multiply
 - Counting by twos, fives, tens
 - Counting by threes
- Concept of multiplication
- Writing a multiplication fact

Fractions

- Concept of fractions
- Building blocks: equal parts
- Parts of a whole:
 - One half
 - One fourth, one third
- Parts of a group: one half, one fourth, one third
- Comparing one half, one fourth, one third
- Least to greatest

Problem Solving & Applications

- Building blocks: oral word problems
- Written word problems
- Solving word problems:
 - Addition, subtraction, money
 - Illustrating story problems
 - Creating story problems
 - Extra facts; missing facts
 - Choosing the operation
- Applications:
 - Temperature; time
 - Weight; length; money
 - Number puzzles; graphs
 - Calendars; maps
- Thinking logically: patterns; thinking caps; sequencing; clue words

Time

- Clock: face, hour and minute hands
- Reading and writing time:
 - O'clock (:00), half past (:30), quarter past (:15)
 - Quarter till (:45)
 - Five-minute intervals
 - A.M. and P.M.
- Calendar: months, days, date, year
- Calendar: rhyme
- Measures of time

Arithmetic *cont.*

Money

- Recognize coin and value: penny, nickel, dime, quarter
- Recognize coin and value: half dollar, dollar
- Count:
 - Pennies, dimes, nickels
 - Quarters, half dollars, dollars
- Add:
 - Pennies, dimes and pennies, nickels and pennies
 - Quarters and pennies, dimes and nickels
- Count: combinations of coins, coins in mixed order
- Adding and subtracting money
 - Recognize symbol: ¢ (cent)
 - Recognize symbol: \$ (dollar)
 - Word problems: oral and written

Measures

- Word problems: oral and written
- Temperature: reading and writing degrees
- Length:
 - Inch, foot, yard, centimeter

- Weight:
 - Ounce, pound
 - Comparing weights
- Dozen, half dozen
- Capacity: cup, pint, quart, gallon

Graphing, Statistics, Probability

- Graphs:
 - Horizontal bar graphs: scales by 1s, 2s, 10s, 5s, and 3s
 - Pictographs
 - Graphing tally marks

Geometry

- Recognize shapes: circle, square, rectangle, triangle, diamond, oval, cone, cube, sphere
- Recognize shapes: hexagon, trapezoid
- Symmetry
- Shapes in a grid
- Perimeter of a rectangular object

History & Geography



In *My America and My World*, students will learn how our country was founded and what our basic freedoms are. They meet several famous American patriots and take a trip across America. Good citizenship is emphasized and reading skills are developed. In addition, students will learn new patriotic songs and be introduced to major countries and U.S. Territories. *America: Our Great Country*, *Children of the World*, and *Community Helpers* are used in correlation with *My America and My World*.

Added Enrichment

- Vocabulary boxes to point out difficult words
- Activities such as:
 - Artistic projects
 - Learning foreign words and phrases
 - Listening to classical music
 - Reading stories by writers of given country
- Suggested creative writing topics (9)

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America

- U.S. flag:
 - History
 - Meaning of colors
 - Flag etiquette
- Meaning of Pledge of Allegiance
- America's freedoms
- Symbols such as:
 - Great Seal of the U.S., Uncle Sam
 - Statue of Liberty, U.S. coins, American bald eagle, Liberty Bell
- Great U.S. documents: Declaration of Independence, Constitution, Bill of Rights
- Great People of America
 - Pilgrims (First Thanksgiving)
 - George Washington, Abraham Lincoln
 - Paul Revere, Benjamin Franklin
- America grows by communication and travel: telephone, mail, television, radio, computers, Internet; changes in transportation

- American holidays:
 - Presidents' Day
 - Thanksgiving Day
- American legends:
 - George Washington and the cherry tree
- American places and territories:
 - Washington, D.C.; Niagara Falls, Mount Rushmore
 - Plymouth Rock, Plymouth Plantation, Fort McHenry
 - Williamsburg, Virginia; Mississippi River
 - Yellowstone National Park, Grand Teton National Park, Rocky Mountain National Park, Grand Canyon, Death Valley, Yosemite National Park, San Francisco
 - U.S. Virgin Islands, Puerto Rico, Guam, American Samoa
- Patriotic Songs:
 - "My Country, 'Tis of Thee"
 - "The Star-Spangled Banner"
 - "America, the Beautiful"

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History & Geography *cont.*

The World

- Countries:
 - Mexico, Peru, The Bahamas, England, The Netherlands, Israel, Italy, Kenya, China, Australia
 - Canada, Norway, France, Germany, Switzerland, Egypt, India, Japan

Geography Study

- Continents: North America, South America, Africa, Europe, Australia, Asia
- Globe
- Oceans: Atlantic and Pacific
- Cardinal directions and compass rose
- What is an island?
- Location of 21 specific states in America
- North and South poles

- Home state, neighboring states, corner states
- Thirteen original colonies
- Equator
- Gulf of Mexico, Mississippi River, Rocky Mountains, Grand Canyon, Death Valley, Great Plains, Yosemite National Park
- Map symbols—national capitals

Community Helpers

- | | |
|-------------------|------------------|
| ▪ Pastor | ▪ Teacher |
| ▪ Firefighter | ▪ Police Officer |
| ▪ Doctor | ▪ Nurse |
| ▪ Dentist | ▪ Farmer |
| ▪ Server | ▪ Baker |
| ▪ Postal Employee | ▪ Mayor |

Science



The colorfully illustrated science text *Discovering God's World* presents God as the Master Designer of the world around us. The studies of plants, animals, insects, energy, health, the seasons, and the five senses provide an excellent introduction to science, with the emphasis on building student interest and augmenting students' reading skills. Hands-on activities and demonstrations also increase students' comprehension of basic science concepts.

Added Enrichment

- Additional hands-on learning activities
 - Lesson activities (22)
 - Additional activities (66)
 - Creative Writing (11)

➤ RED indicates first introduction of content.

Health & Human Biology

- Special to God: five senses and sense organs
- Hands: fingerprints
- Hair:
 - Hair types, skin, oil gland, follicle
 - Root, pigment
- Eyes: placement in skull; eyelids, eyelashes, tears
- Ears: outer ear, eardrum; vibrate
- Nose: nostrils; sneezing
- Tongue:
 - Taste buds: sour, salty, bitter, sweet
 - Speaking
- Skin:
 - Experiencing cold, warmth
 - Experiencing tickles, pain
 - Pores, "goose-bumps," proper care of skin

Activities & Demonstrations:

- Comparing thumb prints
- Discovering how sound travels
- Seeing how senses work together

Energy

- Forces: nonliving things
- Water: push, pull
- Air: wind, provides push
- Wind: moving air, gravity
- Magnets: attract (pull), repel (push)
- Simple machines: wheels, ramps, levers, balanced forces

Activities & Demonstrations:

- Making a balloon jet
 - Discovering what magnets pick up
- Seeing how wheels help
- Having a ramp race
- Using a lever lifter

Animals

- Living Creatures
 - Instinct
 - Reproduce after their kind
 - Babies that are born drink mother's milk: opossum, kangaroo
 - Babies that hatch do not drink mother's milk: tadpoles, frogs, chicks, alligators, ducklings
 - God's wonderful plan:
 - Elephants: ears, trunk, tusk
 - Ducks: sac of oil, webbed feet, bill
 - Turtles:
 - Shell
 - Jaws; land turtles, water turtles
 - Owls: herbivores, carnivores, omnivores; eyes, head rotation; feathers, talons

Activities & Demonstrations:

- Raising tadpoles
- Conducting the elephant ear experiment
- Observing oil on a duck Insects

Science cont.

Insects

- Importance of insects
- Insect identification: head, thorax, abdomen
 - Insect identification: six legs
- Ants: workers, queen

Activities & Demonstrations:

- Observing a caterpillar change into a butterfly
- Making an insect zoo
 - Making an ant farm

Plants

- Uses for plants: oxygen, food, medicine, building
- Parts of the plant: roots, stem, leaves, flowers, fruits, seeds
- Parts of the plant: cones
 - Reproduce after their kind
 - Flowers

Activities & Demonstrations:

- Opening a seed
 - Germinating seeds

- Growing a plant from root
- Water rising up a stem
 - Seeds need sunlight, water, soil
- Types of soils

Seasons

- God made seasons
- Winter: rest, hibernate
- Spring: new life
- Summer: grow
- Fall: get ready for winter
- A sunflower's year
- A squirrel's year
 - Stewardship

Activities & Demonstrations:

- Bringing some twigs to life
- Finding air in water and soil
- Making a bird feeder
 - Planting a bean garden

Health



Health, Safety, and Manners 1 is an interesting and attractive health reader that introduces first graders to the importance of good health habits and gives God the glory for the way He has designed us. Students will learn about nutrition, exercise, proper sleep habits, good posture, safety habits, and manners. Activities and checklists help students apply good principles of health, safety, and manners.

Added Enrichment

- Hands-on learning activities in student book, Teacher Edition, and daily lesson plans (35)
- Growing Tall growth chart
- Checksheets: My Health, My Safety, My Manners
- Creative Writing (4)

► RED indicates first introduction of content.

Health

- Growing tall
- Forming good habits
- Eating good foods:
 - Kinds of foods
 - A good breakfast, a good snack
- Good eating habits:
 - Eating meals same time every day
 - Washing hands before eating
 - Drinking milk every day
 - Limiting sugary drinks
 - Eating different kinds of food
 - Washing fresh fruits and vegetables before eating
 - Limiting sugar and candy
 - Taking small bites and chewing food well
- Exercising each day:
 - Fun exercises for children (8)
 - Benefits of fresh air and sunshine
 - Good exercise habits:
 - Getting exercise every day and playing outside in fresh air
 - Helping with work at home
 - Not playing hard right after a meal
 - Resting from play

- Getting right amount of rest:
 - Good sleeping habits:
 - Pre-bedtime activities
 - Wearing clean pajamas
 - Going to bed early and at same time each night; sleeping until rested; good sleeping conditions; going right to sleep
- Building good posture:
 - Benefits of good posture
 - Good posture habits:
 - How to stand straight and tall; proper way to sit in a chair
 - Well-fitting shoes; proper walking habits
- Taking care of the body:
 - Good skin and hair habits:
 - Protecting skin from the sun with sunscreen
 - Bathing often with warm water and soap to rid the skin of germs which can cause illness
 - Proper care for cuts
 - Washing hands: before eating; after using bathroom; after playing outside; after handling animals
 - How to dry off effectively
 - Shampooing dirty hair
 - Proper use and maintenance of your comb and brush
 - Keeping pets away from your face

Health cont.

- Keeping fingernails and toenails clean and trimmed
 - Not biting fingernails
 - Keeping fingers out of mouth
- Eyes:
 - Purpose; protection
 - Parts
 - Good eye-care habits:
 - Reading in a well-lighted place
 - Not rubbing your eyes
 - Not running while holding sharp things
 - Protecting eyes from sun or other bright lights
 - Getting proper rest
 - Getting eye check-ups by a doctor
 - Keeping eye glasses clean
- Ears:
 - Protection: wax, hairs; parts
 - Good ear-care habits:
 - Proper washing of ears
 - Not putting objects in ears
 - Protecting ears from getting hit; from cold and wind
 - Going to a doctor for chronic earaches
- Nose:
 - Purpose; protection from germs
 - Good health habits:
 - Protecting others from your coughing or sneezing; proper use of tissues
- Teeth:
 - Instructions for proper brushing
 - Good tooth-care habits:
 - Drinking plenty of milk every day
 - Limiting sugar
 - Not cracking nuts with teeth
 - Brushing correctly
 - Primary and permanent teeth
 - Getting regular dental checkups
 - Keeping hands away from face
 - Keeping pencils out of mouth
 - Not eating from someone else's food
- Taking care of clothing:
 - Good clothing-care habits:
 - Learning what to do with clothes after taking them off; clothes that need to be mended; dirty clothes
 - Putting on clean underclothes daily
 - Taking coat or raincoat off when inside
- Taking care of the home

Safety

- At home:
 - Ways to prevent falls
 - Good safety habits:
 - Sharp and pointed objects:
 - Walking while carrying
 - Carrying with the point down
 - Getting parents to take medicine from medicine cabinet
 - Handling electrical cords with dry hands
 - Safety with matches and fire
 - Not playing with your parent's guns

- Not playing with cleaning supplies
 - Putting toys away to avoid an accident
- Away from home:
 - Policemen
 - Good safety habits:
 - Consulting with an adult before leaving
 - Never leave a building alone
 - Avoid:
 - Talking to strangers when you are alone; getting in a car with a stranger
 - Playing in old, empty buildings
 - Petting stray animals
 - Eating berries found outside
 - Putting flowers, leaves, or twigs in mouth
 - Playing in old refrigerators or clothes dryers
- On the street:
 - Good walking habits:
 - Where to walk when there is no sidewalk
 - Where to cross a street; how to cross a railroad track
 - Safety around trains that are stopped on the track
 - Bicycle safety habits:
 - Riding in the correct direction
 - Using a safety helmet, handlebars, and hand signals
 - Passengers
 - Keeping your bike in good working order
 - Riding to school:
 - Bus, car
 - Good riding habits:
 - Using car seat belts
 - Staying seated on the bus
 - Keeping hands inside bus and car windows
 - How to cross the street after getting off a bus
 - How to get out of a car that is parked on a street
 - Ride in the back seat of a car
- On the playground:
 - Good safety habits:
 - Staying far from swings that are being used; not standing up while swinging or jumping off while swing is in motion
 - Slide safety: at the bottom of the slide; at the top of the slide
 - Standing back from merry-go-round in motion
 - Not standing on top of monkey bars
 - Taking turns with other boys and girls
- In the water:
 - Pool safety habits:
 - Importance of taking swimming lessons
 - Avoid going swimming or wading alone
 - Not pushing others into the pool or running beside the pool
 - Boat safety habits: wearing a life jacket; not standing up
- In a storm:
 - Good safety habits:
 - Stay inside
 - Safety with telephone or electrical cords
 - Where to take refuge: if you are outside; if you are in a car
 - Stay away from windows and doors
 - Avoid taking a bath or washing hands

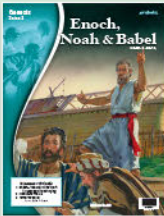
Health cont.

Manners

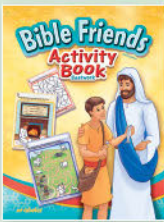
- At home:
 - Important words: *please, thank you, I'm sorry, you're welcome*
 - **Having company**
 - Good habits at home:
 - Coming quickly when called
 - Thanking God for your food
 - Not talking with food in your mouth; chewing with mouth closed
 - Saying "please" when you want something; remembering to say "thank you"
 - **Doing your part to help your family**
 - **Not spilling food on the table**
 - Not putting elbows on the table
 - Saying "I'm sorry" for hurting someone
- At school:
 - Say "good morning" to your teacher
 - **Raise your hand**
 - **Good habits at school:**
 - **Not interrupting when someone is speaking**
 - **Proper response when someone makes a mistake**

- **Paying attention to your teacher; how to get your teacher's attention**
 - **Answering when spoken to**
 - **Standing in line quietly**
 - **Posture and conduct while saying Pledge of Allegiance**
- At church:
 - Purpose of church
 - **Good habits at church:**
 - **Arriving on time**
 - **Singing praises to God; listening to His Word**
 - **Handling your money for the offering plate**
 - **When to leave the service**
- In public:
 - **Grocery store, doctor's office**
 - Good habits in public:
 - **Saying "ma'am" or "sir" when talking to an adult**
 - **Being quiet in a waiting room**
 - Answering when someone speaks to you
 - **Not running in a store**
 - **Staying close to parents**
 - **Covering mouth when coughing or sneezing**

Bible



The Bible stories that have been taught from Preschool to K5 have laid the foundation for stories that will be taught in first grade. Students learn more about the character, strengths, and weaknesses of men and women from the Bible. By studying the lives of Bible characters, students will learn practical truths to apply to their own lives, such as our actions will bring about either rewards or consequences.



Bible Friends is correlated with the Bible concepts taught in the First Grade Bible curriculum. These 120 activities are designed to bring Bible truths to mind again during independent seatwork time.

Evaluation

- Graded memory verse passages (9)

➤ RED indicates first introduction of content.

Lessons 373 Abeka Flash-a-Cards

- Salvation Series (5 lessons)
- Genesis Series (21): Creation, Adam, Cain; Enoch, Noah, Babel; Abraham and Isaac; Jacob; Joseph
- Life of Christ Series (36): First Christmas; Boyhood and Early Ministry of Jesus; Jesus Heals and Helps; Later Ministry of Jesus; Crucifixion and Resurrection
- **Life of Paul Series 1 (5)**
- The First Thanksgiving

Music 25 songs

- Choruses, hymns of the faith, holiday songs, patriotic songs including:
 - **12 new hymns and songs; 15 new choruses**

Memory Work

- **New passages (9) containing 57 verses**
- Review verses (6)

Doctrinal Drill 38 questions/answers

- Increase Bible knowledge of basic doctrines: the Bible, God, sin, salvation, heaven, assurance of salvation

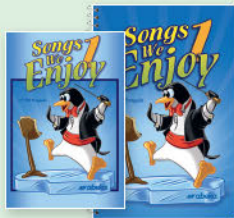
Prayer Time

- Learn to pray with thanksgiving for each other, our nation, those in authority over us

Added Enrichment

- The *Bible Friends Activity Book* includes 120 worksheets to be completed during seatwork.

Music



Songs We Enjoy 1 includes traditional, patriotic, holiday, and fun selections that have been a part of our American heritage for generations. The sing-along CD makes song time easy for the teacher and enjoyable for the children.

➤ **RED** indicates first introduction of content.

Skills Development 75 songs

- Define 11 unfamiliar words in the lyrics
 - Learn to follow a song leader
 - Develop ability to understand a song's message
 - Exercise creativity by acting out songs with props
 - Improve coordination through motions that keep time with words
- Learn about: dynamic contrasts, tempo changes, solfège pitch
 - Benefit from fun activities that spark and keep interest:
 - Whistling
 - Making appropriate animal sounds

- Singing familiar poems
- Reviewing numbers
- Placing their name in a song

Variety of Songs to Memorize

- Fun songs about animals, Mother Goose rhymes
- Songs about our founding fathers; songs to help build character
- Songs to act out with suggested props
- Motion songs, patriotic songs, folk songs, gospel songs, holiday songs, and seasonal songs.

Arts & Crafts



Art Projects 1 has been designed to give month-by-month variety in enjoyable art activities, to teach children elementary art techniques in many types of media, and to provide interesting seasonal projects.

➤ **RED** indicates first introduction of content.

Skills Development

Develop fine motor skills with increasing level of difficulty through:

- Cutting, gluing, coloring, folding
- Directed drawings, painting, paper modeling
- 3-D crafting and folding, incorporating moving parts

Concept Development

- Introducing color wheel
 - Primary colors and secondary colors; color mixing
- Introducing patterns
 - Complementary colors
 - Fall colors
 - Drawing from geometrical shapes and from memory to make familiar items
- Introducing line types: curved, short, long, straight, broken, zig-zag, wavy
 - Introducing line types: looping
 - 3-D paper crafting
 - Fringe
 - Silhouettes
 - Mosaic
 - Using basic geometrical shapes to form objects
 - Light source, shading, and shadow
 - Defining artistic terms
 - Drawing organic shapes
 - Transparent coloring (using light pressure)
 - Overlay to mix colors
 - Tangible texture
 - Curling paper

➤ Analogous colors

- Perspective
- Increase listening skills through following step-by-step instructions to complete more difficult projects
- Projects include these themes:
 - Animal, seasonal, holiday, scriptural, historical, cultural

Technique Development

- Various texture
- Crayon rubbing
- Outlining
 - Directional coloring
- Drawing looping lines
- Cone-shaping and cone-shaping with tabs
- Paper fringing
- Paper curling
 - Sponging
- Torn paper art
- Stippling
- Cutting a fringe
- Mosaic
- Crayon resist
- String painting
- Quilling
 - Folding
- Contour drawing
- Paper crafting—twisting, rolling, scrunching
 - Finger and knuckle stamping
 - Assembling song booklets