

GRADE 2 Health Curriculum Categories

Standard 1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Standard 2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Standard 3:	Students will demonstrate the ability to access valid information, products, and services to enhance health.
Standard 4:	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 5:	Students will demonstrate the ability to use decision-making skills to enhance health.
Standard 6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
Standard 7:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Standard 8:	Students will demonstrate the ability to advocate for personal, family, and community health.

Unit Topics	Outcomes
Personal Health <i>(Disease Prevention, Growth and Development, Fitness)</i>	<p>Understand disease and infections, including symptoms, treatments, effects, and prevention</p> <p>Explore the structure of the eye, ear, skin, and heart</p> <p>Recognize how the senses work together, including hand-eye coordination</p> <p>Apply proper personal hygiene techniques, especially dental hygiene</p> <p>Recognize the importance of daily exercise, goal setting, and sufficient sleep/rest</p>
Nutrition	<p>Use “My Plate” to recognize food groups and plan balanced meals, explain portion size</p> <p>Recognize food as an energy source; discuss our eating habits affect learning and growth</p>
Substance Use and Abuse	<p>Explain the purposes of medicine (maintenance, treatment, and prevention); differentiate between over the counter and prescription drugs</p> <p>Recognize warning labels, including side-effects and how to seek help in an emergency</p> <p>Use and abuse of drugs, including alcohol, tobacco, and secondhand smoke</p> <p>Recognize caffeine as a drug, its uses, and effects</p>
Family Life	<p>Describe the role of families; recognize stages of life and their characteristics</p> <p>Family privileges and responsibilities change with age; identify changes families may face (new birth, divorce, death, illness, aging)</p> <p>Differentiate between good and bad touch; recognize abusive and dangerous situations and how to seek help</p>
Safety and First Aid	<p>Review all rules and safety topics from previous grades</p> <p>Learn the importance of the Heimlich maneuver</p> <p>Recognize the importance of transportation safety, including cars (seat belts), buses, walking, and public transportation</p>
Mental and Emotion Health <i>(Decision Making)</i>	<p>Recognize that decisions have consequences and our choices determine these consequences</p> <p>Explain the characteristics of healthy friendships, including the appropriate actions of self and others</p>

	<p>Appreciate the uniqueness of self; list qualities and characteristics to positively describe self</p> <p>Describe emotions; use techniques to help resolve internal or social conflicts</p> <p>Identify the importance of communicating our emotions in order to seek help; define bullying</p>
<p>Community Resources <i>(Personals, Organizations, and Structures within the Community)</i></p>	<p>Demonstrate safe and appropriate use of materials</p> <p>Recognize the importance of stewardship and caring for the environment, including recycling</p> <p>Describe smoke, noise, and light pollution</p> <p>Recognize and the roles of police and fire departments within the community, including EMT's and 911</p> <p>Understand the roles of various school personnel (including bus drivers and crossing guards)</p> <p>Recognize the roles of doctors, dentists, nurses, and pharmacists.</p>

