



## Second Grade Health Pacing Guide

2016-2017

1 <sup>st</sup> Nine Weeks	2 <sup>nd</sup> Nine Weeks	3 <sup>rd</sup> Nine Weeks	4 <sup>th</sup> Nine Weeks
<p>Health SOLs are taught on a daily basis through the activities done in physical education (e.g., social skills, active lifestyle, following rules, safety, germs).</p> <p><b>Essential Health Concepts</b></p> <p>2.1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills, and explain how each is connected to personal health.</p> <p>a) Identify structures that form body systems, to include the heart and lungs (cardiorespiratory system), bones (skeletal system), and muscles (muscular system).</p> <p>b) Identify foods that come from plants and animals.</p> <p>c) Name a variety of healthy foods, and recognize the benefits of eating a healthy breakfast.</p> <p>d) Identify characteristics of foods that should be consumed in limited quantities.</p> <p>e) Identify foods and beverages that contain sugar and caffeine.</p> <p>f) Recognize that germs cause colds and flu and can be spread from person to person (communicable).</p> <p>g) Describe the harmful effects of medicine, alcohol, and tobacco, to include poor concentration; impaired balance, vision, and memory; shortness of breath; cancer; lung and heart disease; and changes to the way a person feels, thinks, and acts.</p> <p>h) Explain the importance of assuming responsibility for personal safety</p>	  		

1 <sup>st</sup> Nine Weeks	2 <sup>nd</sup> Nine Weeks	3 <sup>rd</sup> Nine Weeks	4 <sup>th</sup> Nine Weeks
<p>i) Explain emotions associated with disappointment, loss, and grief.</p> <p>j) Explain the difference between teasing and bullying.</p> <p>k) Describe situations in which conflict may occur.</p> <p>l) Define self-image, and identify that individuals are unique.</p> <p>m) Explain how media (e.g., television, movies, Internet) influences behavior.</p> <p><b>Healthy Decisions</b></p> <p>2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.</p> <p>a) Identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems.</p> <p>b) Describe how food choices, regular physical activity, and getting enough sleep are essential components of a healthy lifestyle.</p> <p>c) Explain how regular physical activity and healthy eating habits and food choices keep the cardiorespiratory, skeletal, and muscular systems healthy.</p> <p>d) Use a decision-making process to select healthy foods.</p> <p>e) Identify ways to increase physical activity.</p> <p>f) Explain the need for regular health checkups and screenings.</p> <p>g) Explain why parents/guardians keep health records for their children.</p> <p>h) Recognize the harmful effects of drugs, alcohol, and tobacco.</p> <p>i) Recognize that tobacco smoke is harmful to health and should be avoided.</p> <p>j) Describe the use of refusal skills to make good decisions.</p>			



1 <sup>st</sup> Nine Weeks	2 <sup>nd</sup> Nine Weeks	3 <sup>rd</sup> Nine Weeks	4 <sup>th</sup> Nine Weeks
<p>k) Identify why medicines should only be taken under the supervision of an adult.</p> <p>l) Explain healthy ways to express the emotions associated with disappointment, loss, and grief.</p> <p>m) Discuss how to express needs and wants appropriately.</p> <p>n) Use appropriate strategies to object to teasing and bullying.</p> <p>o) Describe the use of nonviolent strategies to resolve conflicts.</p> <p>p) Describe characteristics of a trusted friend and a trusted adult.</p> <p>q) Describe how to work and play cooperatively.</p> <p>r) Describe how self-image influences personal success.</p> <p><b><u>Advocacy and Health Promotion</u></b></p> <p>2.3 The student will describe the influences and factors that impact health and wellness.</p> <p>a) Describe how heredity influences health and wellness.</p> <p>b) Design a meal with food from each food group.</p> <p>c) Explain how different dietary customs and traditions influence health.</p> <p>d) Describe how to keep food safe from harmful germs.</p> <p>e) Demonstrate techniques for reducing or preventing the spread of germs and communicable diseases.</p> <p>f) Explain why it is dangerous to sniff, taste, or swallow unknown substances.</p> <p>g) Identify emergency resources, services, and health care professionals in the community that influence health and wellness.</p>			



1 <sup>st</sup> Nine Weeks	2 <sup>nd</sup> Nine Weeks	3 <sup>rd</sup> Nine Weeks	4 <sup>th</sup> Nine Weeks
<p>h) Identify adults who can help with disappointment, loss, and grief.</p> <p>i) Develop a plan to use appropriate strategies to object to teasing and bullying.</p> <p>j) Demonstrate nonviolent strategies to resolve conflicts and support peers in school and in the community.</p> <p>k) Identify and discuss how to show respect for similarities and differences between and among individuals.</p> <p>l) Describe how the environment influences health and how to protect the environment.</p>			