

Second Grade Health – 2014 – Year at a Glance

Course Description: This course offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To develop an understanding of fundamental health concepts and disease prevention
- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>GBS (1) Let’s Stay Safe L1. Keep from Getting Hurt on the Street L2. Community Harm Prevention Rules and laws L3. Handling Common Emergencies L4. I Don’t Hurt You, You Don’t Hurt Me</p> <p>GBS (5) When I Feel Afraid L1. Understanding and Coping with Common Fears L2. How Being Afraid Affects Your Body L3. Recognizing Real Dangers - When It’s Smart to Be Afraid L4. Your Body is Private* - Portfolio 4*</p> <p>*Required</p> <p>Common Sense Media Show Respect Online and Show Respect Online Video</p>	<p>GBS (2) How You Think L1. How You Think L2. Using Your Brain L3. Think About Thinking L4. Take Care of Your Brain</p> <p>GBS (3) The Wide World of Food L1. Eat a Plate L2. Nutrients for Your Body L3. Have a Snack L4. The Importance of a Good Breakfast</p> <p>GBS (4) Your Heart – Small but Strong L1. Your Heart – Small but Strong L2. How to Care for Your Heart L3. Heart Problems and Heart Helpers L4. Have a Heart</p>	<p>GBS (6) Babies...And How You Grew L1. Growing and Changing L2. Families L3. Families Grow and Change, Too L4. I am special</p> <p>GBS (8) Germs! They Can Make You Sick L1. Germs: What They Are and What They Do L2. Keeping Germs Out L3. Body Battles: Fighting Germs L4. Community Health Helpers: Germ fighters</p> <p>Common Sense Media My Online Community and My Online Community Video</p>	<p>GBS (7) Drugs Are Dangerous L1. Do You Know What Drugs Are L2. Medicines Are Drugs, Too L3. Drugs Don’t Solve Problems L4. Drug-Free and Safe Communities</p> <p>GBS (9) My Skin and Me L1. Why Do I Have Skin L2. What Is Skin and How Does It Grow L3. It’s the Skin that I’m In L4. Skin Problems and Remedies</p>