

HealthGrade 2 Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
	<p><u>Disease Prevention and Control:</u></p> <p>Disease</p> <p>Disease Prevention</p> <p>Hygiene</p> <p>Food and Illness</p> <p>Teeth</p> <p>Sun</p> <p>Sleep</p>	<p>Describe potential causes and symptoms of allergic reactions. 1f.2.1</p> <p>Identify basic universal precautions. 1f.2.2</p> <p>Explain why hygiene is important to health. 1f.2.3</p> <p>Identify food safety strategies that can control germs that cause foodborne illness. 1f.2.4</p> <p>Describe the proper steps for daily brushing and flossing teeth. 1f.1.4</p>	<p><u>Disease Prevention Essential Questions:</u></p> <p>What are causes and symptoms of allergic reactions?</p> <p>What are basic universal precautions?</p> <p>How can practicing universal precautions protect the body from germs?</p> <p>What is the importance of washing hands frequently and well?</p> <p>What are important health care practices to practice?</p> <p>How can I keep the food that I eat safe from germs that cause illness?</p>

		<p>Explain how to protect one's skin and other parts of the body from the sun. 1f.2.5</p> <p>Describe why sleep and rest are important for proper growth and good health. 1f.2.6</p>	<p>Why are brushing and flossing teeth important to my health?</p> <p>How can I stay safe in the sun?</p> <p>Why are rest and sleep important to the human body?</p>
	<p><u>Mental and Emotional Health:</u></p> <p>Emotions</p> <p>Self and social awareness</p> <p>Relationships</p>	<p>Demonstrate a variety of strategies to express and manage emotions. 1a.2.1</p> <p>Describe a variety of personal emotions and the ways the body signals these emotions. 1a.2.2</p> <p>Describe how others may be feeling based on verbal and nonverbal cues and respond in a healthy way. 1a.2.3</p> <p>Recognize personal strengths in the context of different roles or relationships. 1a.2.4</p> <p>Describe healthy and rewarding social interactions. 1a.2.5</p>	<p><u>Mental and Emotional Health Essential Questions:</u></p> <p>How can I express and manage my emotions in healthy ways?</p> <p>What are some body signals that express strong emotions? How can I recognize what others are feeling?</p> <p>What are my personal strengths?</p> <p>What are some skills and activities that I do well?</p> <p>Who are the trusted adults in my life that I can go to for help and support?</p>

	<p>Teasing, bullying, and harassment</p> <p>Trusted Adults</p>	<p>.</p> <p>Explain why it is hurtful to tease or bully others and what to do if someone is bullied. 1a.2.6</p> <p>Explain the importance of talking with trusted adults about emotions and concerns. 1a.2.7</p>	<p>What are healthy ways to express affections, love, friendship, and concern?</p> <p>Why is it hurtful to tease or bully others?</p> <p>Where can you go for help if you are being bullied or a friend is being bullied?</p> <p>Who are the trusted adults in your life?</p> <p>Why is it important to go to a trusted adult if you are having strong emotions or concerns?</p>
	<p><u>Substance Abuse Prevention</u></p> <p>Medicine</p>	<p>Explain how to use medicine correctly. 1b.2.1</p> <p>Describe the harmful effects of using medicine incorrectly. 1b.2.2</p>	<p><u>Substance Abuse Prevention Essential Questions:</u></p> <p>What are some medicine safety rules?</p> <p>What are the harmful effects of using medicine incorrectly?</p>

	<p>Alcohol and Nicotine</p>	<p>Identify alcohol, nicotine, and electronic smoking devices. 1b.2.3</p> <p>Identify family and school rules about alcohol, nicotine use, and electronic smoking devices. 1b.2.4</p>	<p>How can you use medicine correctly?</p> <p>What are some products that contain alcohol?</p> <p>What are some products that contain nicotine?</p> <p>What are school rules about alcohol?</p> <p>What are family rules about alcohol?</p> <p>What are school rules about nicotine and electronic smoking devices?</p> <p>What are family rules about nicotine and electronic smoking devices?</p> <p>How can you stay safe if you are around alcohol or nicotine products?</p>
	<p><u>Healthy Eating:</u></p>		<p><u>Healthy Eating Essential Questions:</u></p>

			<p>How does the body signal when it is hungry or full?</p> <p>What is mindful eating and how can you apply mindful eating to your life?</p>
	<p><u>Safety and Violence Prevention:</u></p> <p>Safety around people</p>	<p>Model ways to tell someone when feeling unsafe. 1d.2.9</p> <p>Explain how familiar people or people in authority can help or harm children. 1d.2.10</p> <p>Identify appropriate interactions with community helpers (e.g., nurses, teachers, police officers, and crossing guards) in roles that help children. 1d.2.11</p> <p>Demonstrate what to do when asked to keep an uncomfortable secret. 1d.2.12</p> <p>Explain the importance of sharing all information with parents, guardians, or trusted adults. 1d.2.13</p>	<p><u>Safety and Violence Prevention Essential Questions:</u></p> <p>How and where can I seek help from trusted adults?</p> <p>How can I tell a trusted adult that I don't feel safe?</p> <p>Who are 5 trusted adults in my life?</p> <p>What can I do in an emergency situation to keep myself safe?</p> <p>What can I do in an emergency situation to keep others safe?</p> <p>How can I keep myself safe around strangers?</p>
	<p>Trusted Adults</p>		

	<p>Healthy Relationships and Consent</p>	<p>Explain why it is important to respect different kinds of families (e.g., singleparent, same-gender, intergenerational, cohabitating, adoptive, foster). 1c.2.1</p> <p>Describe healthy family and peer relationships. 1c.2.2</p> <p>Demonstrate appropriate actions when someone says or does something that does not respect your personal boundaries. 1c.2.3</p> <p>Practice communicating personal boundaries. 1c.2.4</p>	<p><u>Family Life and Human Sexuality Essential Questions:</u></p> <p>What are different types of families that exist?</p> <p>Why is it important to respect different kinds of families?</p> <p>What are some positive things about my family?</p> <p>What does a healthy relationship look like?</p> <p>What are my personal body boundaries?</p> <p>How can I communicate my personal boundaries to others?</p> <p>How can I communicate to others that they did not respect my personal boundaries?</p>
	<p><u>Human Body</u></p> <p>Body Systems</p>	<p>Explain the systems of the human body.</p> <p>Explain the main organs in the human body.</p>	<p>What are the systems of the human body?</p> <p>What are some of the organs of the human body?</p>

		Explain how to take care of the body systems and organs.	What are some of the jobs that body systems do? What are some of the jobs that organs do? How can I take care of my body systems and organs?
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