



Elementary School Health Education

2022-2023 Scope and Sequence

NCDPI Healthful Living: Grade 2

OVERVIEW

The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.

North Carolina Essential Standards – Health Education

MEH = MENTAL and EMOTIONAL HEALTH

PCH = PERSONAL and CONSUMER HEALTH

ICR = INTERPERSONAL COMMUNICATIONS and RELATIONSHIPS

NPA = NUTRITION and PHYSICAL ACTIVITY

ATOD = ALCOHOL, TOBACCO, and OTHER DRUGS

Grade	NC Essential Standards	Clarifying Objectives
2nd GRADE Mental and Emotional Health (MEH)	2.MEH.1 Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.	2.MEH.1.1 Identify appropriate standards for behavior. 2.MEH.1.2 Summarize behaviors that help to avoid risks. 2.MEH.1.3 Explain the influence of peers, the media, and the family on feelings and emotions. 2.MEH.1.4 Explain the influence on self-concept on performance and vice versa. 2.MEH.1.5 Summarize the potential negative effects of stress on the body and mind.
2nd GRADE Personal and Consumer Health (PCH)	2.PCH.1 Apply measures for cleanliness and disease prevention. 2.PCH.2 Understand wellness, disease prevention, and recognition of symptoms.	2.PCH.1.1 Recall the benefits of good dental health. 2.PCH.1.2 Execute the proper techniques for brushing teeth. 2.PCH.2.1 Summarize reasons and strategies for preventing contact with body fluids. 2.PCH.2.2 Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.
2nd GRADE Interpersonal Communication and Relationships (ICR)	2.ICR.1 Understand healthy and effective interpersonal communication and relationships.	2.ICR.1.1 Classify behaviors as helpful or hurtful to friendships. 2.ICR.1.2 Interpret the feelings of others and how to respond when angry or sad. 2.ICR.1.3 Explain why it is wrong to tease others. 2.ICR.1.4 Recognize bullying behaviors and what to do if someone is bullied. 2.ICR.1.5 Exemplify how to communicate with others with kindness and respect.



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<p>2nd GRADE Nutrition and Physical Activity (NPA)</p>	<p>2.NPA.1 Understand My Plate as a tool for selecting nutritious foods.</p> <p>2.NPA.2 Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.</p> <p>2.NPA.3 Remember nutrition and fitness concepts to enhance quality of life.</p>	<p>2.NPA.1.1 Recognize the interrelationship of parts of My Plate.</p> <p>2.NPA.1.2 Plan meals that are chosen for energy and health.</p> <p>2.NPA.1.3 Classify activities in terms of their appropriateness for a healthy lifestyle.</p> <p>2.NPA.2.1 Summarize motivations for eating food, including hunger vs. satiety.</p> <p>2.NPA.2.2 Explain the importance of a healthy breakfast and lunch.</p> <p>2.NPA.3.1 Contrast a physically active and inactive lifestyle.</p> <p>2.NPA.3.2 Plan family physical activities that are fun and contribute to fitness.</p>
<p>2nd GRADE Alcohol, Tobacco, and Other Drugs (ATOD)</p>	<p>2.ATOD.1 Understand how to use household products and medicines safely.</p>	<p>2.ATOD.1.1 Classify uses of medicine or drugs as appropriate and inappropriate.</p> <p>2.ATOD.1.2 Summarize the health risks associated with inappropriate medicine and drug use.</p> <p>2.ATOD.1.3 Use goal-setting strategies to prevent the misuse of medicines or household products.</p>