



Carlstadt Public School District Curriculum Guide

Health Grade 2 - 40 minutes 2x/week - full year

Scope & Sequence

Unit	Pacing (Days/Weeks)	Key Ideas	Standards
Injury Prevention and Personal Safety	4 weeks	Safe vs. unsafe; safety rules and laws; common hazards; emergencies: getting help, acting quickly; protecting the brain; acting responsibly; refusal skills; predicting consequences; practicing personal safety routines; types of touches	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.3; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4 2.1.2.SSH.5; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.2.2.LF.4; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.3.2.PS.1; 2.3.2.PS.2; 2.3.2.PS.3; 2.3.2.PS.4
Functions of the Body	4 weeks	Parts and functions of the brain; various ways to be smart; thinking skills	2.1.2.CHSS.5; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.3.2.PS.1; 2.3.2.PS.8
Nutrition	4 weeks	Role of nutrients; number of daily servings from food groups; role of good breakfast; classifying and evaluating foods; making responsible food choices; nutrition and self-worth; implementing goals; choosing healthful snacks; identifying influences on food choices;	2.1.2.CHSS.1; 2.1.2.EH.2; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.2.2.N.1; 2.2.2.N.2; 2.2.2.N.3; 2.3.2.HCDM.1; 2.3.2.HCDM.2; 2.3.2.PS.1;
Functions of the Body	4 weeks	Heart functions; muscles; effects of smoking	2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.PGD.1; 2.1.2.PGD.3; 2.1.2.PGD.5; 2.1.2.SSH.4;; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7 2.2.2.MSC.7;;



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			2.2.2.N.2; 2.2.2.N.3; 2.2.2.PF.1; 2.3.2.ATD.3; 2.3.2.DSDT.1; 2.3.2.DSDT.2; 2.3.2.DSDT.3 2.3.2.HCDM.2; 2.3.2.HCDM.3; 2.3.2.PS.1
Self - worth, Mental and Emotional Health	4 weeks	Identifying special qualities in self and others; respecting and having empathy for self and others; how family changes affect feelings; coping with fear; real dangers; helping others; communicating; avoiding risky situations; developing positive character traits	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.4; 2.1.2.PGD.5; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.2.2.LF.1; 2.3.2.PS.3; 2.3.2.PS.5; 2.3.2.PS.6; 2.3.2.PS.7; 2.3.2.PS.8
Growth and Development /The Cycle of Family Life	4 weeks	How babies grow and change; knowing the stages of life; needs of growing plants, animals, and people; defining family; family roles and respecting differences; responsibility in families; facing family changes; social awareness of differences; self - awareness traits	2.1.2.CHSS.5; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.5; 2.1.2.PP.1; 2.1.2.PP.2; 2.1.2.SSH.1; 2.1.2.SSH.2; 2.1.2.SSH.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.1.2.SSH.7; 2.1.2.SSH.8; 2.1.2.SSH.9; 2.3.2.PS.8
Substance Abuse Prevention	4 weeks	Identifying drug types (nicotine, alcohol, street drugs); knowing the importance of healthy choices; practicing changing habits; positive ways to solve problems; knowing the effects of drugs on family and community; drug-free and safe communities; refusal skills	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.CHSS.5; 2.1.2.CHSS.6; 2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.EH.3; 2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.5; 2.1.2.SSH.5; 2.1.2.SSH.7; 2.2.2.MSC.6; 2.2.2.MSC.7; 2.3.2.ATD.1; 2.3.2.ATD.2; 2.3.2.DSDT.1; 2.3.2.PS.1; 2.3.2.PS.4



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Disease and Illness Prevention	4 weeks	Defining germs and how they spread; contrasting sick and well; setting illness prevention goals; respecting body signals; antibodies; do's and don'ts when sick; community health helpers; medicine safety rules; immunizations	2.1.2.CHSS.1; 2.1.2.CHSS.2; 2.1.2.EH.2; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PP.2; 2.1.2.SSH.3; 2.1.2.SSH.4; 2.1.2.SSH.5; 2.1.2.SSH.6; 2.3.2.ATD.1; 2.3.2.ATD.2; 2.3.2.HCDM.3; 2.3.2.PS.1
Functions of the Body	4 weeks	Skin; taking care of the body; environmental hazards and skin safety; sun damage and protection;	2.1.2.EH.1; 2.1.2.EH.2; 2.1.2.PGD.1; 2.1.2.PGD.2; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.1.2.SSH.2; 2.3.2.PS.1
Physical Fitness	4 weeks	Benefits of exercise on the heart, muscles, and bones; injury prevention; muscle control; safety routines; rules for safe play; setting fitness goals; muscular impairments; types of physical activities; fitness pyramid	2.1.2.EH.4; 2.1.2.EH.5; 2.1.2.PGD.1; 2.1.2.PGD.3; 2.1.2.PGD.4; 2.2.2.LF.1; 2.2.2.PF.1; 2.2.2.PF.2; 2.2.2.PF.3; 2.2.2.PF.4; 2.3.2.HCDM.2