Health Education 2nd Grade

Unit:	**Growth and Development**				
Big Ideas:	Identify and describe the stages of growth and development. Understand and recognize different physical characteristics of an individual. Identify and describe physical characteristics that are shared by self and family.				
Unit Essential Questions:	What is Health? What must we do in this class? What happens to your body as you get older?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 Class period of 20 minutes	10.1.3.A	Infancy (Baby) Childhood (Child) Adolescence (Teen) Adulthood (Adult) Late Adulthood (Senior)	Class Procedures Squad Lines Rules Grading Discipline Expectations Growth and development	Parent Letter Posters and Pictures Worksheet Online "Brain Pop Jr."	State classroom rules Recognize importance of having and following rules Identify the stages of growth and development Questions and Answers
Unit:	**Personal Hygiene**				
Big Ideas:	Identify personal hygiene practices and the importance of promoting health and preventing the spread of germs. Identify methods of protection from illnesses. Understand the concept of grooming and cleanliness. Describe good habits of personal grooming and cleanliness.				
Unit Essential Questions:	What does it mean to be healthy? What must be done to keep our body healthy? Why do we have hair? When should you wash your hands? How are hand washing and covering a sneeze alike?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**

2 class periods of 20 minutes	10.1.3.E 10.2.3.A 10.2.3.B 10.2.3.C 10.2.3.D 10.2.3.E	Hair Hands Warm Soap Germ Wash (Bath)	Brain Pop Jr. Video "Hand Washing" Hand Washing Worksheet Puzzle Word Wall Words	Projector Brain Pop Jr. Hand Washing Worksheet	Class participation in group discussions and questions and answers Review Quiz Hand Washing worksheet/puzzle (Place steps of washing hands in order) Recognize and identify the 5 word wall words

Unit:	**Growth and Development**				
Big Ideas:	Identify and know the location and functions of the major body organs and systems. Recognize major muscle groups: Biceps, Triceps, Quadriceps, Abdominal, Hamstrings, Calf Muscle (Gastrocnemius), Gluteus Maximus Recognize major bones in the Skeletal System: Cranium, Vertebrae, Ribs, Humorous, Radius, Ulna, Pelvis, Femur, Fibula, Tibia, Phalanges Identify the basic functions of the following systems: Muscular, Skeletal and Nervous				
Unit Essential Questions:	How do these main body parts help with maintaining a healthy body?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
5 class period of 20 minutes	10.1.3A 10.1.3B	Heart (Circulatory) Lungs (Respiratory) Brain Stomach (Digestive) Muscles (Skeletal) Bones (Muscular)	Pictures/Posters of the : Heart Lungs Brain Stomach Muscles Bones Students will hold and show a picture of the Heart, Lungs, Brain, Stomach, Muscles and Bones. 2 Groups in putting Mr. Poly Bones together.	Projector Brain Pop Jr. Pictures Worksheets Mr. Poly Bones Puzzle	Class participation in group discussions and questions and answers. Paired and group activities.
Unit:	**Communicable and Non Communicable Diseases**				

Big Ideas:	Identify methods of protection from illness. Define what a germ is. Identify types and causes of common health problems for children. Define Disease. Recognize the difference between communicable and non-communicable diseases. List Ways to prevent the spread of diseases. (Wash Hands, Immunization, Not sharing items)				
Unit Essential Questions:	What is a germ? What is immunization? What is a communicable disease? What is a non-communicable disease?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.1.3 E	Blood Pressure Immunization Check Up Pediatrician Patient Symptom Fever Immune System Contagious Mucus	Word Wall Words Brain Pop Jr Online video Review Questions and class discussion Group and paired challenge Going to the Doctor Colds and Flu	Projector Work Sheets Word Wall List Note Book Questions	Class discussions and participation Paired and group activities Online Quiz Questions
Unit:	**The Five Senses of the Body**				
Big Ideas:	Identify and know the location and function of the five senses of the body. Demonstrate how senses are used by the body.				
Unit Essential Questions:	What are the main parts of the nervous system? (Spinal Cord, Brain, Nerves) How can you care for your nervous system? Your Heart, Lungs and Brain are all organs: What is an Organ?				
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2 class period of 20 minutes	10.1.3 B	Spinal Cord Senses Nerves Taste Buds Nervous System Ears Eyes Nose Mouth Fingers	Word Wall Words Brain Pop Jr. Online video Review Questions Five Senses Worksheet with groups Senses	Projector Posters Worksheets Note Book Questions	Class discussion and participation Paired and group activities Online Quiz Questions

Unit:	**Community Information, Services, Products**				
Big Ideas:	Identify community health services. Identify personal hygiene practices and community practices and community helpers that promote health and prevent the spread of diseases. Define what it means to be a consumer. Describe community health services used by families. Examine evidence of things that keep teeth from being healthy. (Plaque, Bacteria, Sugary "Foods) Explain positive oral health habits. (Brushing with proper tooth brush, flossing, using fluoride toothpaste, having regular dental checkups, using dental sealant) Identify the structure of the tooth. Recognize general procedures during a dental check-up.				
Unit Essential Questions:	Why are teeth important and how do we keep them healthy? Describe way to clean your teeth?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.2.3 A	Doctor Dentist Community Health Department Hygienist Tooth Decay Plaque Cavity	Word Wall Words Brain Pop Jr. video online "The Dentist" Review Questions Worksheet Identifying good health habits of maintaining good hygiene Video online Brain Pop Jr. "caring for teeth"	Projector Posters Worksheets Note Book Questions	Class discussions and participation Paired and group activities Online Quiz Questions Completed healthy habits worksheet

Unit:	**Environment/Community Health**				
Big Ideas:	Identify environmental factors that affect health.				
Unit Essential Questions:	What is a Community? What is Pollution? Why does air pollution cause breathing problems? What is asthma? Identify sources of pollution.				
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1 class period of 20 minutes	10.2.3 E	Mucus	Word Wall Words	Projector	

		Asthma Trigger Inhaler Lungs Pollution Environment Temperature	Brain Pop Jr. Video “Asthma” Video online Questions	Brain Pop Jr. Online Worksheet Note Book Questions	Class discussion and paired and group participation Online Quiz Questions
Unit:	**Decision Making/Goal Setting/Interpersonal Relationships/Bullying**				
Big Ideas:	Identify the steps in a decision-making process. Identify positive and negative ways to get attention. Recognize personal and shared space Describe individual rules and predict consequences of choices. Respond appropriately to compliments, criticism, teasing and bullying. Discuss friendship and practice conflict strategies. Differentiate between positive and negative factors that determine friendship. Differentiate and describe physical, mental and verbal abuse. Identify sources to report abuse, harassment, violence and injury.				
Unit Essential Questions:	Why is it important to make good decisions? What are some ways to communicate? How do you make friends? Do you know how to recognize conflict situations and identify strategies to avoid or resolve?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.2.3 D 10.3.3 C	Rumor Bully Avoid Cyberbully Ignore Friend Apology Argue Compliment Solve	Word Wall Words Brain Pop Jr. Video Bully/Friends Note Book Questions Role Play	Projector Brain Pop Jr. Online Worksheets Note Book Questions	Paired and Group participation Class Discussion Online Review Questions and answers

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat healthy 2. Exercise enough & 3. Live Tabaco Alcohol Drug Free**

Big Ideas:	Explain the role of the My Plate/My Food Pyramid guide in helping eat a healthy diet. Choose a healthy snack from each food group. Identify factors that influence food choices. Identify the major nutrients (Carbohydrates, Protein, Fats, Vitamins, Minerals, Water) Recognize that foods and drinks have Nutritional Facts Label.				
Unit Essential Questions:	What is the My Plate/My Food Pyramid? Why are fruits and vegetables important in your diet? What are healthy snacks? What are nutrients?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**
2 class periods of 20 minutes	10.1.3 C	Grains Protein Fiber Dairy Calcium Food Groups Nutrients Digestive System Junk Food Nutritious	Word Wall Words Brain Pop Jr. Videos (Eating Right & Food Groups) Note Book Questions and answers Worksheet Activity	Projector Posters Worksheets Brain Pop Jr. Online Videos	Paired and Group Discussions and participation Worksheets Quiz Questions and answers
Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise enough & 3. Live Tobacco Alcohol Drug Free**				
Big Ideas:	Identify and use safe practices in physical activity setting. Health Benefits of daily exercise, active play, academic integration, body and brain activity, focus, behavior, personal space, and social play. Discuss that the activity of the day leads to a healthy life style. Know that there are a variety of sports and activities and games. Explain that skill completely leads to enjoyment of physical activity. Use movement to improve cognitive responses (count by twos or threes while jumping rope, movement sentences) Identify several activities that are enjoyable. Comply positively with rules and procedures of structured games. Cooperate with others to complete an assigned task.				
Unit Essential Questions:	Why is exercise important for a healthy heart and lungs? Why does the body and brain need exercise? What is Exercise?				
Concept & Pacing	**New Emphasis (Pa Core Standard)**	**Key Vocabulary**	**Mini-Lessons/Activities**	**Instructional Materials**	**Assessments**

1 class period of 20 minutes	10.3.3 D	Exercise Stretch Stress Physical Activity Flexible	Word Wall Words Brain Pop Jr. Video (Exercise) Note Book Questions Worksheet	Projector Worksheet Brain Pop Jr. Video (Exercise)	Paired and group discussion and participation Worksheet Note Book Questions and answers Online Review Quiz Challenge

Unit:	**A Healthy Heart is as easy as 1, 2, and 3: 1. Eat Healthy 2. Exercise Enough & 3. Live Tobacco Alcohol Drug Free**				
Big Ideas:	Know age appropriate drug information. Recognize that Alcohol is a drug. Discuss Refusal skills. Understand appropriate uses of medicine. Describe rules for taking medicines. Understand why it is important that a reliable adult dispenses medicines. Identify products that contain tobacco. Describe the effects of tobacco use on the body and environment. (Side stream and second hand smoke) (Diseases) Discuss products that contain alcohol. Identify physical consequences of the overuse of alcoholic beverages. (Blurred vision, Lack of coordination, Slow reaction time, Addiction) Distinguish between legal and illegal drugs. Respond to scenario's using a variety of refusal skills.				
Unit Essential Questions:	What are good drugs and bad drugs? What is Tobacco? What is Alcohol?				
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3 class periods of 20 minutes	10.1.3 D	Medicine Vaccine Side Effect Prescription Pharmacist Illegal Drug Addictive Abuse Cilia Tobacco Nicotine Second Hand Smoke	Word Wall Words Brain Pop Jr Videos (Medicines, Illegal Drugs & Smoking) Note Book Questions Online Quiz Challenge	Projector Brain Pop Jr. Online Videos Work sheets Posters Story Book From Library	Paired or group discussions and participation Worksheets Online Quiz Challenge
Unit:	**Safety/Media & Emergencies**				
Big Ideas:	Recognize traffic safety rules for the following: crossing streets, seat belts, and helmets, riding a bike, signs and signals. Discuss safety rules for the following: Playground, Bus, Classroom, Tornado Drills, Earthquake Drill, Fire Drills, Dangerous objects and weapons (broken glass, needles, spit, blood, etc.), and food consumption. Demonstrate how to get help in an emergency. Demonstrate Stop, Drop & Roll when your clothing is on fire. Practice safety rules pertaining to strangers. (shout, kick or scream) (Tell an adult.) (Avoid stranger's vehicles.) Identify sources to report abuse, harassment, violence, and injury. (teacher, nurses, counselor, ministers, parents, coaches) Understand the importance of Halloween Safety. Demonstrate traffic safety rules for the following (Crossing street, Seat Belts, Helmets, Riding a bicycle, Signs and signals) Model School Safety Rules for the following (Playground, Bus, Classroom, Tornado Drills, Earthquake Drill, Fire Drills, Dangerous objects and weapons, Food Consumption) Discuss procedures for obtaining emergency assistance and information (Fire and Police Department, Poison Control, Ambulance, 911) Demonstrate the ability to recognize dangerous situations (Water, Roads, Outdoor, Animal, Stranger, Food Contamination) Demonstrate Stop, Drop & Roll when your clothes are on fire.				
Unit Essential Questions:	Who is a trusted Adult? How do you cross a street safely? How do you get help in an emergency? What is stranger safety?				
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4 class periods of 20 minutes	10.2.3 B 10.2.3 C 10.3.3 A 10.3.3 B	Symbol Cross Walk Caution Harm Yield Fire Pedestrian Emergency Stranger	Word Wall Words Brain Pop Jr. Online Video “Safety Signs and Symbols” Note Book Questions Worksheet Brain Pop Jr. Quiz Challenge	Projector Posters Brain Pop Jr. Video Worksheets	Paired and group class discussions and participation. Worksheets Brain Pop Jr. Quiz Challenge