

Grade 2 Health Education Overview

Health education is taught during the schedule block designated for “content” in the elementary school schedule. It is taught to the homeroom class by the homeroom teacher.

For instructional questions, contact your child’s teacher. For curriculum questions, contact the Office of Health & Physical Education: Eric_Bishop@hcpss.org, Coordinator or Tempe_Beall@hcpss.org, Instructional Facilitator.

Quarter 1 - Social & Emotional Health

Lesson 1: Growing & Changing

- Describe how bodies change and grow in childhood.
- Describe thoughts and feelings that go with growing and changing.
- Explain that people grow and change in their own ways.
- Explain why it is important to accept differences in others.

Lesson 2: Families

- Describe how families grow and change.
- Identify the benefits of healthy family relationships.
- Describe how their family helps them be healthy

Lesson 3: Feelings

- Identify examples of feelings.
- Explain the relationship between feelings and behavior.
- Identify appropriate ways to express and deal with feelings.
- Demonstrate self-control strategies for dealing with strong feelings.

Lesson 4: Getting Support

- Explain the importance of talking with parents and other trusted adults about feelings.
- Identify trusted adults at home who can help with feelings.
- Identify trusted adults in school and the community who can help with feelings.
- Demonstrate asking for help when they have feelings to share.

Lesson 5: Thinking about Bullying

- Describe the difference between bullying and teasing.
- Describe how it feels to be bullied.
- Explain why it’s wrong to bully others.
- Explain what to do if someone is being bullied.

Lesson 6: Respect for All

- Explain that everyone has the right to be treated with dignity and respect
- Identify at least two ways to treat others with respect
- Demonstrate how to respond if someone is being treated disrespectfully

Quarter 2 - Violence Prevention

Lesson 1 & 2: People Safety Rules

- Demonstrate actions to stay safe around strangers
- Describe actions that help one to stay safe around familiar people.
- Model ways to tell someone when feeling unsafe.
- Identify appropriate interactions with community helpers (e.g. nurses, teachers, police officers, and crossing guards) in roles that help children.
- Practice telling trusted adults about feelings.

Lesson 3: My Space, Your Space

- Identify words and actions that appropriately express affection/positive feelings toward trusted adults and other important people.
- Demonstrate age appropriate privacy as well as setting and respecting healthy boundaries face-to-face.

Lesson 4 & 5: Body Safety

- Explain how familiar people or people in authority can help or harm children.
- Demonstrate what to do when asked to keep an uncomfortable secret.
- Explain the importance of sharing all information with parents, guardians, or trusted adults.
- Identify parts of the body that are private on self or others.
- Explain that it is never a person’s fault if someone causes them to feel unsafe.

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Quarter 3 - Injury Prevention

Lesson 1: Safety Rules

- Identify ways to reduce the risk of injuries from firearms, falls, when riding in a car, bus, and on a bike, a skateboard, a scooter, and/or inline skates.

Lesson 2: Harmful Substances

- Summarize how products can be harmful if inhaled, absorbed, or ingested.
- Identify alcohol, nicotine and electronic smoking devices.
- Identify family and school rules about alcohol, nicotine use, and electronic smoking devices.

Lesson 3: Medicine Safety

- Describe the harmful effects of using medicine incorrectly.
- Identify rules for using medicine safely.

Lesson 4 & 5 : Fire Safety

- Identify ways to reduce injuries from fires.

Lesson 6: Emergencies

- Explain what to do in an emergency.
- Demonstrate healthy practices and behaviors to maintain or improve personal health.

Quarter 4 - Personal Health & Disease Prevention

Lesson 1: Healthy Habits

- Identify personal health care practices.
- Explain how to protect one's skin and other parts of the body from the sun.
- Describe why sleep and rest are important for proper growth and good health.

Lesson 2: Healthy Eating

- Explain the benefits of trying new foods and respecting the food choices of others.
- Describe eating patterns that provide energy and help the body grow and develop.
- Describe how eating breakfast helps a person think, work, and play.
- Explain the importance of choosing nutritious foods and beverages from different food groups

Lesson 3: Food Groups

- Explain the importance of choosing nutritious foods and beverages from different food groups.
- Describe the concept of moderation and the idea that "all foods fit."
- Describe the benefits of drinking water versus other beverages.

Lesson 4: Preventing Germs

- Identify basic universal precautions.
- Identify food safety strategies that can control germs that cause foodborne illness.
- Explain why hygiene is important to health.