

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Community/Environmental Health

Grade: 2
MLR Span: K-2

MLR Content Std: F. DECISION-MAKING AND GOAL SETTING
Students will learn how to set personal goals and make decisions that lead to better health for themselves, their families, and the community.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

F1. Explain when assistance is needed in making health-related decisions and setting health goals.

1. Name common emergencies and list steps to take in each case.
2. Role play to build respect for danger signs and for the need to act quickly in emergencies.
3. Practice taking the right action steps for the most threatening emergencies.
4. Determine how to get the right kind of help quickly in simple emergencies.

Great Body Shop
Volume: 2
Unit Name: Let's Stay Safe
Lesson #: 3
Lesson Title: Handling Common Emergencies

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Safety & Accident Prevention

Grade: 2
MLR Span: K-2

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators	MSAD #54 Objectives	Instructional Resources/Activities
Students will be able to:	The student will:	
C4. Demonstrate a variety of safety skills for different situations (e.g., pedestrian, bus, fire, auto, and bicycle safety).	<ol style="list-style-type: none">1. Identify safe vs. unsafe conditions for certain common hazards on the street.2. Demonstrate responsibility to “play it safe” to keep your body from harm by designing appropriate role play.3. Practice safe habits for avoiding certain common hazards regarding street safety.4. Use Decision Making Steps to decide whether a situation is safe or unsafe.	Great Body Shop Volume: 2 Unit Name: Let’s Stay Safe Lesson #: 1 Lesson Title: Keep From Getting Hurt On The Street
B1. Identify which school and community health helpers are needed in given situations.	<ol style="list-style-type: none">1. Distinguish between “safe, “confusing” and “unsafe” touches.2. Identify trusted adults who can help in situations involving personal safety.3. Define the term “private parts” and describe rules of personal safety.	Home School Coordinator
C4. Demonstrate a variety of safety skills for different situations (e.g., pedestrian, bus, fire, auto, and bicycle safety).		

MSAD #54 Curriculum Format

Content Area: Health Education

Grade: 2

Health Strand: Prevention & Control of Disease and Disorders

MLR Span: K-2

MLR Content Std:

A. HEALTH CONCEPTS

Students will understand health promotion and disease prevention concepts.

C. HEALTH PROMOTION AND RISK REDUCTION

Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

A2. Describe the transmission and prevention of communicable diseases.

C2. Demonstrate personal hygiene skills.

1. Name at least two different kinds of germs. Tell how they spread and how they make you sick.
2. Promise to respect the signals your body gives you when you are getting sick.
3. Explain routines for healthy living that make it harder for germs to spread.
4. Classify methods by which germs spread.

Great Body Shop
Volume: 2
Unit Name: Germs! They Make You Sick.
Lesson #: 2
Lesson Title: Keeping Germs Out

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Family Life

Grade: 2
MLR Span: K-2

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

D2. Explain how information from school and family influences health.

1. Define the word family and describe the role that the family plays in the growth and development of a child.
2. Tell what a special family member does for you and why you think he/she is special.
3. Practice ways to show you respect differences in families.
4. Predict the consequences of the family whose members take no responsibility.

Great Body Shop
Volume: 2
Unit Name: Babies And How You Grew
Lesson #: 2
Lesson Title: Families

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Nutritional Health

Grade: 2
MLR Span: K-2

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C3. Choose healthful foods.

1. Explain why a good breakfast is such an important meal.
2. Show respect for different cultures by preparing a multi-cultural breakfast.
3. Prepare a healthful breakfast plan and classify the food choices according to the food pyramid.
4. Compare and contrast healthful and less healthful breakfasts.

Great Body Shop
Volume: 2
Unit Name: The Wide World Of Food
Lesson #: 4
Lesson Title: The Importance Of A Good Breakfast

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Personal Health – Physical

Grade: 2
MLR Span: K-2

MLR Content Std: F. DECISION-MAKING AND GOAL SETTING
Students will learn how to set personal goals and make decisions that lead to better health for themselves, their families, and the community.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

F2. Set a short-term personal health goal.

1. Describe how muscles work together.
2. Explain the value of the relationship between your bones and your muscles.
3. Practice working your muscles and bones.
4. Predict what would happen if you didn't have so many muscles.

Great Body Shop
Volume: 2
Unit Name: Muscles In Motion
Lesson #: 3
Lesson Title: Muscles Work In Teams

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Personal Health - Mental & Emotional

Grade: 2
MLR Span: K-2

MLR Content Std: B. HEALTH INFORMATION, SERVICES, AND PRODUCTS
Students will know how to acquire valid information about health issues, services, and products.

C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

E. COMMUNICATION SKILLS
Students will understand that skillful communication can contribute to better health for themselves, their families, and the community.

MLR Performance Indicators	MSAD #54 Objectives	Instructional Resources/Activities
Students will be able to:	The student will:	
C5. Apply coping strategies when they feel too excited, anxious, angry, or out of control.	<ol style="list-style-type: none">1. List common causes of being afraid.2. Role-play tolerance and helpfulness for someone who is afraid.3. Practice various methods of coping positively with fears.4. Analyze the positive effects of coping with fears.	Great Body Shop Volume: 2 Unit Name: When I Feel Afraid Lesson #: 1 Lesson Title: Understanding And Coping With Fears
B1. Identify which school and community health helpers are needed in given situations	<ol style="list-style-type: none">1. Recognize feelings and the verbal and non-verbal cues associated with each.	Home School Coordinator
C5. Apply coping strategies when they feel too excited, anxious, angry, or out of control.	<ol style="list-style-type: none">2. Practice using conflict resolution and problem solving skills for avoiding fights and arguments.	
E1. Demonstrate healthy ways to express needs, wants, and feelings.		

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Substance Use & Abuse

Grade: 2
MLR Span: K-2

MLR Content Std: C. HEALTH PROMOTION AND RISK REDUCTION
Students will understand how to reduce their health risks through the practice of healthy behaviors.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

C1. Differentiate between safe and harmful substances found at home and school.

1. Identify what is and what is not a medicine.
2. Tell why pharmacists and physicians and nurses are very important people.
3. Practice, through role play, routines to keep you safe when you are sick, including checking to see that you are taking the right medicine.
4. Predict what could happen if you took medicine not meant for you.

Great Body Shop
Volume: 2
Unit Name: Drugs Are Dangerous
Lesson #: 2
Lesson Title: Medicines Are Drugs Too!

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Growth & Development

Grade: 2
MLR Span: K-2

MLR Content Std: A. HEALTH CONCEPTS
Students will understand health promotion and disease prevention concepts.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

A1. Recognize that there are multiple components of health.

1. Discover how a newborn baby grows and changes to become an older child and then an adult, and even then keeps changing all through life into old age.
2. Show why it is helpful to be patient with yourself and others if one of you cannot do as many things as well as the other.
3. Collect information from family members of different ages to find out how they have grown and changed since they were babies and how they still are changing.
4. Create a drawing or painting that depicts how we grow and change through the different stages of life.

Great Body Shop
Volume: 2
Unit Name: Babies And How You Grew
Lesson #: 1
Lesson Title: Growing And Changing

MSAD #54 Curriculum Format

Content Area: Health Education
Health Strand: Consumer Health

Grade: 2
MLR Span: K-2

MLR Content Std: D. INFLUENCES ON HEALTH
Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.

MLR Performance Indicators

MSAD #54 Objectives

Instructional Resources/Activities

Students will be able to:

The student will:

D1. Describe the influences of media on health.

1. Name ways that you might hurt others and they might hurt you.
2. Conduct activity that shows how violence hurts you or someone you care about while giving you a chance to avoid or disapprove of violence.
3. Practice good habits for avoiding fights and including arguments using conflict resolution.
4. Classify sample T.V. programs as violent or nonviolent and show who is hurt by violence (can also use newspaper cartoons, articles and books as alternative to T.V.)

Great Body Shop
Volume: 2
Unit Name: Let's Stay Safe
Lesson #: 4
Lesson Title: I Don't Hurt You, You Don't Hurt Me