

GROWING HEALTHY - GRADE TWO

| Growing Healthy Obj. | Health Benchmarks | Science Arts Benchmarks | Language Arts Benchmarks |
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| Intro Phase | | | |
| Day 1 | Recognize the importance and consequences of feelings. 1:1:a Recognize ways to communicate care and consideration for self and others. 4:1:a Identify positive ways to solve conflicts. 4:3:b | | |
| Day 2 | Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify age-appropriate health-related vocabulary. 4:2:c Identify situations which cause conflict. 4:3:a | | |
| Day 3 | Identify various communication techniques used with family and peers. 4:1:b | | Use various examples from various sources to support personal interpretations. 2:4:c |
| Day 4 | Recognize the importance and consequences of feelings. 1:1:a Identify good personal hygiene practices. 1:1:b Identify health practices which help prevent disease. 1:3:c Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills.. 4:1:c Identify healthy ways to express needs, wants, and feelings. 4:2:a Identify situations which cause conflict. 4:3:a | Explore ways to respond to various environmental and social concerns. 5:2:c | |

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| Day 4 (Continued) | Identify characteristics of healthy community. 5:1:a | | |
| Day 5 | Identify good personal hygiene practices. 1:1:b Identify common health problems of children. 1:2:c | | Use various examples from various sources to support personal interpretations. 2:4:c |
| Day 6 | Recognize the importance and consequences of feelings. 1:1:a Recognize characteristics of emotional, social, and physical health. 1:2:b Identify healthy ways to express needs, wants, and feelings. 4:2:a Identify age-appropriate health-related vocabulary. 4:2:c | | Use various examples from various sources to support personal interpretations. 2:4:c Identify non-verbal cues that are used when communicating. 3:1:c |
| Day 7 | Recognize characteristics of emotional, social, and physical health. 1:2:b Identify various communication techniques used with family and peers. 4:1:b Identify healthy ways to express needs, wants, and feelings. 4:2:a | | Identify non-verbal cues that are used when communicating. 3:1:c |
| Day 8 | Identify various communication techniques used with family and peers. 4:1:b | | Identify non-verbal cues that are used when communicating. 3:1:c |

| <u>Phase One</u> | | | |
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| Day 1 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | |
| Day 2 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | Write to determine what is known about specific topics. 2:4:a |
| Day 3 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | Write to determine what is known about specific topics. 2:4:a |

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| Day 3 (Continued) | Recognize characteristics of emotional, social, and physical health. 1:2:b | | |
| Day 4 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | |
| Day 5 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | Use various examples from various sources to support personal interpretations. 2:4:c |

| Phase Two | | | |
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| Day 1 | <p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Identify the benefits of various local health resources. 2:2:b</p> <p>Identify age-appropriate health-related vocabulary. 4:2:c</p> <p>Identify characteristics of healthy community. 5:1:a</p> | | Use various examples from various sources to support personal interpretations. 2:4:c |
| Day 2 | <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify examples of technology used in health. 2:1:c</p> <p>Identify the benefits of various local health resources. 2:2:b</p> <p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify various communication techniques used with family and peers. 4:1:b</p> <p>Identify effective interpersonal communication skills. 4:1:c</p> | Explore the impact of scientific discoveries on the lives of people. 5:2:a | |
| Day 3 | Identify various communication techniques used with family and peers. 4:1:b | | |

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| Day 3 (Continued) | Identify effective interpersonal communication skills.4:1:c Identify age-appropriate health-related vocabulary. 4:2:c | | |
| Day 4 | | | |
| Day 5 | | | |
| Day 6 | | | |
| Day 7 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a Recognize ways to communicate care and consideration for self and others. 4:1:a Identify various communication techniques used with family and peers. 4:1:b | | Write to clarify the meaning of new information. 2:4:b |
| Day 8 | Identify various communication techniques used with family and peers. 4:1:b | | |
| Station 1 | Recognize the importance and consequences of feelings. 1:1:a Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c | | |
| Station 2 | Recognize ways to communicate care and consideration for self and others. 4:1:a | | |
| Station 3 | Recognize ways to communicate care and consideration for self and others. 4:1:a | | |
| Station 4 | Recognize the importance and consequences of feelings. 1:1:a Identify healthy ways to express needs, wants, and feelings. 4:2:a | | |
| Station 5 | Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c | | Use various resources to support oral presentations, e.g., drawings, and posters. 4:3:c |

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| Phase Three | | | |
| Day 1 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a Identify effective interpersonal communication skills. 4:1:c | | |
| Day 2 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | |
| Day 3 | Recognize behaviors which help or hinder effective communication. 4:2:b Identify age-appropriate health-related vocabulary. 4:2:c | | |
| Day 4 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | Demonstrate understandings of scientific investigation. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c | |
| Day 5 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a Identify age-appropriate health-related vocabulary. 4:2:c | | |
| Day 6 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a Identify age-appropriate health-related vocabulary. 4:2:c | | |
| Day 7 | Identify major body parts and related functions (e.g., heart-pumping blood).1:2:a | Explore scientific investigations. 1:2:a Demonstrate understandings of scientific investigation. 1:2:b | |

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| Day 8 | Identify major body parts and related functions (e.g., heart-pumping blood).1:2:a | | |
| Day 9 | | | |
| Day 10 | | | |
| Day 11 | | | |
| Station 1 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | |
| Station 2 | Identify various communication techniques used with family and peers. 4:2:b | | |
| Station 3 | Identify major body parts and related functions (e.g., heart-pumping blood). 1:2:a | | |
| Station 4 | Identify effective interpersonal communication skills. 4:1:c | | Use various examples from various sources to support personal interpretations. 2:4:c |
| Station 5 | Identify effective interpersonal communication skills. 4:1:c | | |

| Phase Four | | | |
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| Day 1 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b | | Write to clarify the meaning of new information. 2:4:b |
| Day 2 | Identify information available from health care providers/services in the community. 1:3:a Identify the benefits of various local health resources. 2:2:b Explain the availability of local health services and agencies. 2:2:c Identify professional services needed for maintaining personal health. 2:3:a Identify the attributes of personal responsibility. 3:3:b | | Write to clarify the meaning of new information. 2:4:b |

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| Day 3 | | | Write to clarify the meaning of new information. 2:4:b |
| Day 4 | | | Write to clarify the meaning of new information. 2:4:b |
| Day 5 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b | | Write to clarify the meaning of new information. 2:4:b |
| Day 6 | Identify common health problems of children. 1:2:c Identify various health care requirements and policies that affect safety and well-being. 1:3:b Identify examples of technology used in health. 2:1:c Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b Identify age-appropriate health-related vocabulary. 4:2:c Recognize how medical advances help maintain wellness. 5:1:c | Explore the impact of scientific discoveries on the lives of people. 5:2:a | Write to clarify the meaning of new information. 2:4:b |
| Day 7 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b Identify practices which promote personal well-being. 3:1:c Identify personal choices that affect health. 3:3:a Identify age-appropriate health-related vocabulary. 4:2:c | Explore ways human activity affects the environment. 5:1:b Explore ways to respond to various environmental and social concerns. 5:2:c | Write to clarify the meaning of new information. 2:4:b |
| Day 8 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b | Explore ways human activity affects the environment. 5:1:b | Write to clarify the meaning of new information. 2:4:b |

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| Day 8 (Continued) | Identify practices which promote personal well-being. 3:1:c | | |
| Day 9 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b Understand the importance of achieving and maintaining good health. 3:2:b | | Write to clarify the meaning of new information. 2:4:b |
| Station 1 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b | | |
| Station 2 | Identify various health care requirements and policies that affect safety and well-being. 1:3:b Identify various communication techniques used with family and peers. 4:1:b Identify effective interpersonal communication skills. 4:1:c | | Present information in a clear and logical form. 4:1:b |
| Station 3 | Recognize ways to communicate care and consideration for self and others. 4:1:a Identify effective interpersonal communication skills. 4:1:c | | |
| Station 4 | Identify positive ways to solve conflicts. 4:3:b | | |
| Station 5 | Identify characteristics of healthy community. 5:1:a Identify reliable sources of health information. 5:1:b | | |

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| Phase Five | | | |
| Day 1 | Understand the importance of following a prescribed treatment. 2:2:c Identify harmful behaviors. 3:1:a Understand the importance of achieving and maintaining good health. 3:2:b | | |

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| Day 1 (Continued) | Identify personal choices that affect health. 3:3:a Recognize and use refusal and cooperation skills. 4:3:c | | |
| Day 2 | Identify how media affects (sic) thoughts, feelings, and personal health. 2:1:b | | Write to clarify the meaning of new information. 2:4:b Identify the basic intent of various oral and visual messages, e.g., advertisements. 3:2:a |
| Day 3 | Understand the importance of achieving and maintaining good health. 3:2:b Identify the attributes of personal responsibility. 3:3:b | | |
| Day 4 | Understand the importance of achieving and maintaining good health. 3:2:b Identify characteristics of healthy community. 5:1:a Identify reliable sources of health information. 5:1:b Identify ways to support others in making healthy choices. 5:3:a | Explore ways human activity affects the environment. 5:1:b | |
| Day 5 | Identify harmful behaviors. 3:1:a Identify practices which promote personal well-being. 3:1:c Understand the importance of achieving and maintaining good health. 3:2:b Identify personal choices that affect health. 3:3:a Identify age-appropriate health-related vocabulary. 4:2:c Identify characteristics of healthy community. 5:1:a | | Use various examples from various sources to support personal interpretations. 2:4:c |

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| Day 6 | Identify harmful behaviors. 3:1:a Identify practices which promote personal well-being. 3:1:c Understand the importance of achieving and maintaining good health. 3:2:b Identify age-appropriate health-related vocabulary. 4:2:c Recognize and use refusal and cooperation skills. 4:3:c Recognize resources needed to implement health plans. 5:2:b Recognize how community health plans/strategies affect all. 5:2:c | | |
| Day 7 | Recognize characteristics of emotional, social, and physical health. 1:2:b Recognize cultural differences and similarities among people regarding health. 2:1:c Identify the elements of good health. 3:2:a | | |
| Day 8 | Understand the importance of achieving and maintaining good health. 3:2:b Choose age-appropriate healthy behaviors. 3:3:c | | |
| Day 9 | Recognize the importance and consequences of feelings. 1:1:a Identify good personal hygiene practices. 1:1:b Identify appropriate health practices that affect self and others. 1:1:c Recognize characteristics of emotional, social, and physical health. 1:2:b Understand the importance of achieving and maintaining good health. 3:2:b Choose age-appropriate healthy behaviors. 3:3:c | | |

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| Day 9 (Continued) | Identify healthy ways to express needs, wants, and feelings. 4:2:a | | |