

Know Your Body - Grade 2

LESSONS	HEALTH BENCHMARKS	LANGUAGE ARTS BENCHMARKS	SCIENCE BENCHMARKS
<p><u>Module 1: Skill Builders</u></p> <p><u>Lesson 1: Building Self-Esteem</u></p>	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<p><u>Lesson 2: Effective Communication</u></p>	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>	<p>Use accepted language in personal communication. 4:2:c</p>	
<p><u>Lesson 3: Decision Making</u></p>	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<p><u>Lesson 4: Goal Setting</u></p>	<p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p> <p>Identify healthy ways to express needs, wants, and feelings. 4:2:a</p>		
<p><u>Lesson 5: Stress Management</u></p>	<p>Identify health practices which help prevent disease. 1:3:c</p> <p>Recognize ways to communicate care and consideration for self and others. 4:1:a</p>		

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<u>Module 2: Body Fuel</u> <u>Lesson 1: KYB GO and GROW Food Classification</u>	Identify the elements of good health. 3:2:a		Explore ways energy is transferred in a food chain. 3:3:a
<u>Lesson 2: Nutrient-Dense Makes Sense</u>	Identify the elements of good health. 3:2:a		
<u>Lesson 3: Healthy Substitutions</u>	Identify the elements of good health. 3:2:a		
<u>Lesson 4: H2O Is the Way to Go!</u>	Identify the elements of good health. 3:2:a		
<u>Module 3: A Changing You</u> <u>Lesson 1: Living Creatures</u>	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		Explore structures and functions in living things. 3:1:a Explore processes in living things. 3:1:c Explore ways organisms change. 3:2:b
<u>Lesson 2: Growing Up</u>	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		Explore processes in living things. 3:1:c Explore ways organisms change. 3:2:b
<u>Lesson 3: Living for Now</u>	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		Explore processes in living things. 3:1:c Explore ways organisms change. 3:2:b

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<u>Lesson 4: Community Responsibility</u>	Identify major body parts and related functions (e.g., heart – pumping blood). 1:2:a		Explore processes in living things. 3:1:c Explore ways organisms change. 3:2:b
<u>Module 4: Safety Smart</u>			
<u>Lesson 1: Seasonal Safety</u>	Identify good personal hygiene practices. 1:1:b		
<u>Lesson 2: Traffic Safety</u>	Identify good personal hygiene practices. 1:1:b		
<u>Lesson 3: Trusted Adults</u>	Identify good personal hygiene practices. 1:1:b		
<u>Lesson 4: How to Act in a Fire Emergency</u>	Identify good personal hygiene practices. 1:1:b		
<u>Module 5: Fitness Is Fun</u>			
<u>Lesson 1: Choosing an Activity</u>	Identify health practices which help prevent disease. 1:3:c Understand the importance of achieving and maintaining good health. 3:2:b		
<u>Lesson 2: Ready, Set, Go!</u>	Identify health practices which help prevent disease. 1:3:c Understand the importance of achieving and maintaining good health. 3:2:b		
<u>Lesson 3: Listen to the Beat</u>	Identify health practices which help prevent disease. 1:3:c		

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<u>Lesson 3: (Cont')</u>	Understand the importance of achieving and maintaining good health. 3:2:b		
<u>Lesson 4: Cool It!</u>	Identify health practices which help prevent disease. 1:3:c Understand the importance of achieving and maintaining good health. 3:2:b		
<u>Module 6: I Can Choose</u>			
<u>Lesson 1: What Is a Habit?</u>	Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b Choose age-appropriate healthy behaviors. 3:3:c	Identify the appropriate materials/resources needed to explore specific topics. 1:4:b	
<u>Lesson 2: No Smoking, Please!</u>	Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b Choose age-appropriate healthy behaviors. 3:3:c		
<u>Lesson 3: Smoking Stinks!</u>	Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a		

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<u>Lesson 3: (Cont')</u>	Identify the attributes of personal responsibility. 3:3:b Choose age-appropriate healthy behaviors. 3:3:c		
<u>Lesson 4: Helping Others to Stop Smoking</u>	Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a Identify the attributes of personal responsibility. 3:3:b Choose age-appropriate healthy behaviors. 3:3:c Identify ways to advocate health in families and schools. 5:3:b		
<u>Module 7: Conflict Resolution / Violence Prevention</u> <u>Lesson 1: Everyone Has Feelings</u>	Recognize the importance and consequences of feelings. 1:1:a Recognize characteristics of emotional, social, and physical health. 1:2:b Identify situations which cause conflict. 4:3:a Identify positive ways to solve conflicts. 4:3:b Recognize and use refusal and cooperation skills. 4:3:c		

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<p><u>Lesson 2: Standing Up for Yourself</u></p>	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify situations which cause conflict. 4:3:a</p> <p>Identify positive ways to solve conflicts. 4:3:b</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		
<p><u>Lesson 3: Your Unique Family</u></p>	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify situations which cause conflict. 4:3:a</p> <p>Identify positive ways to solve conflicts. 4:3:b</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		
<p><u>Lesson 4: New Friends, New Faces</u></p>	<p>Recognize the importance and consequences of feelings. 1:1:a</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify situations which cause conflict. 4:3:a</p> <p>Identify positive ways to solve conflicts. 4:3:b</p>		

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<u>Lesson 4: (Cont')</u>	Recognize and use refusal and cooperation skills. 4:3:c		
<u>Module 8: A Healthy Smile</u>			
<u>Lesson 1: Types of Teeth</u>	Identify common health problems of children. 1:2:c		
<u>Lesson 2: Taking Care of Our Teeth</u>	Identify common health problems of children. 1:2:c		
<u>Lesson 3: Selecting the Right Toothbrush and Toothpaste</u>	Identify common health problems of children. 1:2:c		
<u>Lesson 4: Make Room for Permanent Teeth</u>	Identify common health problems of children. 1:2:c		
<u>Module 9: An Ounce of Prevention</u>			
<u>Lesson 1: Healthy Behaviors Keep Germs Away</u>	Identify common health problems of children. 1:2:c Identify health practices which help prevent disease. 1:3:c Identify harmful behaviors. 3:1:a		

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<u>Lesson 2:</u> <u>Preventing Disease</u>	Identify common health problems of children. 1:2:c Identify health practices which help prevent disease. 1:3:c Identify harmful behaviors. 3:1:a	Determine when it is appropriate to use a specific cue/strategy. 1:1:b	
<u>Lesson 3:</u> <u>Understanding Asthma</u>	Identify common health problems of children. 1:2:c Identify health practices which help prevent disease. 1:3:c Identify harmful behaviors. 3:1:a	Determine when it is appropriate to use a specific cue/strategy. 1:1:b	
<u>Lesson 4: Block the Sun, Not the Fun!</u>	Identify common health problems of children. 1:2:c Identify health practices which help prevent disease. 1:3:c Identify harmful behaviors. 3:1:a		
<u>Module 10:</u> <u>Consumer Wise</u> <u>Lesson 1: Who Is a Consumer and What Do They Buy?</u>	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1:b	Identify the appropriate materials/resources needed to explore specific topics. 1:4:b Use questions to gain understanding of oral/visual information. 3:3:b	
<u>Lesson 2: What Is Advertising?</u>	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1:b	Identify the appropriate materials/resources needed to explore specific topics. 1:4:b	

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<u>Lesson 2: (Cont')</u>		Identify the basic intent of various oral and visual messages, e.g. advertisements. 3:2:a Use questions to gain understanding of oral/visual information. 3:3:b	
<u>Lesson 3; Shop 'til You Drop</u>	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1:b		
<u>Lesson 4: Health Goods and Services</u>	Identify how the media affects (<i>sic</i>) thoughts, feelings, and personal health. 2:1:b		
<u>Module 11: The Environment and You</u> <u>Lesson 1: The World around You</u>	Identify ways to approach community health issues. 5:2:a		Explore how environmental factors affect living things within an ecosystem. 3:3:b Explore ways human activity affects the environment. 5:1:b Explore ways to respond to various environmental and social concerns. 5:2:b
<u>Lesson 2: Reducing Waste</u>	Identify ways to approach community health issues. 5:2:a		Explore how environmental factors affect living things within an ecosystem. 3:3:b Explore ways human activity affects the environment. 5:1:b Explore ways to respond to various environmental and social concerns. 5:2:b

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<u>Lesson 3: Solving Pollution Problems</u>	Identify ways to approach community health issues. 5:2:a	Determine when it is appropriate to use a specific cue/strategy. 1:1:b	Explore how environmental factors affect living things within an ecosystem. 3:3:b Explore ways human activity affects the environment. 5:1:b Explore ways to respond to various environmental and social concerns. 5:2:b
<u>Lesson 4: Saving the Earth Together</u>	Identify ways to approach community health issues. 5:2:a		Explore how environmental factors affect living things within an ecosystem. 3:3:b Explore ways human activity affects the environment. 5:1:b Explore ways to respond to various environmental and social concerns. 5:2:b
<u>Module 12: The Right Choices - HIV and AIDS</u> <u>Lesson 1: What Is AIDS? What is HIV?</u>	Identify harmful behaviors. 3:1:a	Identify the appropriate materials/resources needed to explore specific topics. 1:4:b Use questions to gain understanding of oral/visual information. 3:3:b	
<u>Lesson 2: How HIV is Passed / Not Passed</u>		Identify the appropriate materials/resources needed to explore specific topics. 1:4:b Use questions to gain understanding of oral/visual information. 3:3:b	

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<u>Lesson 3: Feelings</u>			
<u>Lesson 4: Practicing Prevention</u>	<p>Identify health practices which help prevent disease. 1:3:c</p> <p>Identify practices which promote personal well-being. 3:1:c</p>		