

**PISD - 2nd Grade Health**

**FOURTH SIX WEEKS**

	<b>TEXAS ESSENTIAL KNOWLEDGE AND SKILLS</b>	Teacher	PE	Counselor	Nurse	<b>CHAPTER UNIT AND LESSONS / ADDITIONAL RESOURCES</b>
2.1A	explain actions an individual can take when not feeling well;	X				<p><b>Health &amp; Fitness</b>                      Chapter 8: Staying Well: -lessons 1-4 p. 146-165</p> <ul style="list-style-type: none"> <li>• recognize the difference between sickness and health-Teacher</li> <li>• describe symptoms of common illness-Teacher</li> <li>• explain actions an individual can take when not feeling well-Teacher</li> <li>• identify the steps of communicating-Teacher</li> <li>• use the steps to communicate about a health need-Teacher</li> <li>• explain ways in which germs are transmitted and methods of preventing the spread of germs-Nurse</li> <li>• explain how the body provides protection from disease-Nurse</li> <li>• describe the importance of vaccines and regular medical checkups-Nurse</li> <li>• define allergy and asthma and identify ways to treat or manage the diseases-Nurse</li> <li>• identify causes of non-communicable disease, such as allergies, asthma, and heart disease-Nurse</li> <li>• identify people who can help one stay well and provide health information-Teacher</li> <li>• explain benefits of personal health care practices-Teacher</li> <li>• identify personal responsibility for one’s own well-being-Teacher</li> <li>• identify and apply practices for staying well-Teacher</li> <li>• recognize the importance of showing caring for people who have health problems-Teacher</li> </ul>
2.1B	describe and demonstrate personal health habits such as brushing and flossing teeth and exercise;	X			X	
2.1D	identify healthy and unhealthy food choices such as a healthy breakfast and snacks and fast food choices;	X	X			
2.1E	define stress and describe healthy behaviors that reduce stress such as exercise;	X	X			
2.1F	describe the importance of individual health maintenance activities such as regular medical and dental checkups;	X				
2.1G	describe how a healthy diet can help protect the body against some diseases.	X			X	
2.4A	explain ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunization;	X			X	
2.4B	identify causes of disease other than germs such as allergies and heart disease;	X			X	
2.4C	explain how the body provides protection from disease;	X			X	

2.4D	apply practices to control spread of germs in daily life such as hand washing and skin care.	X	X			<b>Health &amp; Fitness-</b> Chapter 8: Staying Well: lessons 1-4 p. 146-165
2.5C	identify personal responsibilities as a family member in promoting and practicing health behaviors.	X				
2.6A	identify people who can provide health information;	X			X	
2.8A	describe how friends can influence a person's health;	X	X			
2.9A	identify characteristics needed to be a responsible family member or friend;	X				
2.9B	list and demonstrate good listening skills;	X				
2.10A	describe how to effectively communicate;	X				
2.10B	express needs, wants, and emotions in healthy ways;	X				
2.11D	explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health.	X			X	

2.1B	describe and demonstrate personal health habits such as brushing and flossing teeth and exercise;	X				<b>Health &amp; Fitness-</b> Chapter 1: Your Growing Body: lessons 1-5 p. 2-23 <ul style="list-style-type: none"> <li>• recognize that people and animals grow and change-Teacher</li> <li>• identify stages and characteristics of human growth and development-Teacher</li> <li>• identify the parts of the skeletal and muscular systems-Teacher</li> <li>• describe the functions of the skeletal and muscular system-Teacher</li> <li>• explain the need to wear protective equipment when playing sports-Physical Ed.</li> <li>• identify the parts of the digestive system-Teacher</li> <li>• describe the functions of the digestive system-Teacher</li> <li>• identify the parts of the respiratory and circulatory systems-Teacher</li> <li>• describe the functions of the respiratory and circulatory systems-Teacher</li> <li>• identify the parts of the nervous system-Teacher</li> <li>• describe the functions of the nervous system-Teacher</li> <li>• list the steps and describe the importance of setting goals-Teacher</li> <li>• use the steps to set goals-Teacher</li> <li>• recognize the importance of caring by being a good friend-Teacher</li> </ul>
2.1E	define stress and describe healthy behaviors that reduce stress such as exercise;	X	X			
2.1G	describe how a healthy diet can help protect the body against some diseases.	X				
2.2A	identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body;	X			X	
2.2B	identify ways to avoid deliberate and accidental injuries;	X	X			
2.2C	explain the need to use protective equipment when engaging in certain recreational activities such as skateboarding, rollerblading, cycling, and swimming;	X	X			
2.2D	explain the importance of avoiding dangerous substances;	X			X	
2.3A	describe behaviors that protect the body structure and organs such as wearing a seat belt and wearing a bicycle helmet;	X				
2.3B	identify the major organs of the body such as the heart, lungs, and brain and describe their primary function;	X	X			

2.3C	identify the major systems of the body.	X	X			<b>Health &amp; Fitness-</b> Chapter 1: Your Growing Body: lessons 1-5 p. 2-23
2.4C	explain how the body provides protection from disease;	X				
2.5C	identify personal responsibilities as a family member in promoting and practicing health behaviors.	X				
2.6A	identify people who can provide health information;	X			X	
2.8A	describe how friends can influence a person's health	X	X			
2.9A	identify characteristics needed to be a responsible family member or friend;	X				
2.9B	list and demonstrate good listening skills;	X	X			
2.9C	demonstrate refusal skills.	X	X			
2.10A	describe how to effectively communicate;	X	X			

2.10B	express needs, wants, and emotions in healthy ways;	X		X		Health & Fitness- Chapter 1: Your Growing Body: lessons 1-5 p. 2-23
2.10C	explain the benefits of practicing self-control.	X		X		
2.11B	describe how personal-health decisions affect self and others;	X				
2.11C	list the steps and describe the importance of task completion and goal setting;	X		X		
2.11D	explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health.	X		X		
2.1A	explain actions an individual can take when not feeling well;	X			X	Health & Fitness Chapter 2: Caring for Your Body: -lessons 1-4 p. 24-45 <ul style="list-style-type: none"> <li>• recognize that the sun’s rays can cause sunburn, and identify ways to protect the skin from sunburn-Physical Ed.</li> <li>• recognize that germs cause illness-Nurse</li> <li>• explain ways sound health habits help prevent disease-Teacher</li> <li>• explain ways to fight germs by keeping skin, nails, and hair clean-Nurse</li> </ul>
2.1F	describe the importance of individual health maintenance activities such as regular medical and dental checkups;	X			X	
2.2B	identify ways to avoid deliberate and accidental injuries;	X	X			
2.2C	explain the need to use protective equipment when engaging in certain recreational activities such as skateboarding, rollerblading, cycling, and swimming;	X	X			