

**ARLINGTON PUBLIC SCHOOL: HEALTH EDUCATION- GRADE TWO**

<b>Course Description</b>	
<p>Students continue to explore the 10 areas of health including: Injury Prevention &amp; Personal Safety, Nutrition, Functions of the Body, Growth &amp; Development, Illness Prevention, Substance Abuse Prevention, Community Health &amp; Safety, Self worth, Mental and Emotional Health, Environmental &amp; Consumer Health and Physical Fitness. Teachers explain, demonstrate and encourage students to recognize and practice healthy behaviors.</p>	
<b>Essential Questions</b>	
<ul style="list-style-type: none"> <li>•How does one stay safe?</li> <li>•What do our skin, muscles, heart and brain do?</li> <li>•What can we learn from the food pyramid?</li> <li>•How do we cope with fears?</li> <li>•How do families change?</li> <li>•How can drugs help or hurt us?</li> <li>•What are germs and what do they do?</li> </ul>	
<b>Curriculum Topics</b>	<b>Benchmarks</b>
<ul style="list-style-type: none"> <li>•Let's Stay Safe</li> <li>•How You Think</li> <li>•The Wide World of Food</li> <li>•Your Heart, Small But Strong</li> <li>•When I Feel Afraid</li> <li>•Babies ... and How You Grew</li> <li>•Drugs are Dangerous</li> <li>•Germs! They Make You Sick</li> <li>•Me and My Skin</li> <li>•Muscles in Motion</li> <li>•Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>•Handle common emergencies</li> <li>•Analyze different way the brain handles the needs of the body.</li> <li>•Apply decision-making steps to determine healthful snacks.</li> <li>•Compare and contrast the heart healthy value of different forms of food and exercise.</li> <li>•Analyze the positive effects of coping with fears.</li> <li>•Describe how families are unique, grow and change</li> <li>•Use decision making skills to use drugs appropriately</li> <li>•Identify the ways germs are spread and consequences.</li> <li>•Explore the function and proper care for skin.</li> <li>•Compare and contrast healthy and unhealthy muscles.</li> </ul>