

Second Grade Health Core Curriculum



Elementary Health Core

Second Grade

Standard 1

Objective 1: PD d

Objective 2: Teachers Resource Manual

Objective 3: Teachers Resource Manual

Standard 2

Objective 1: Counselors PD c,e

Objective 2: Teachers Resource Manual

Objective 3: Teachers Resource Manual

Standard 3

Objective 1: Teachers Resource Manual

Objective 2: Teachers Resource Manual

Objective 3: Teachers Resource Manual

Second Grade Core Curriculum

Standard 1

Grade	Standard	Objective	Resources
2 nd Grade	Standard 1: Students will develop a sense of self.	<p>Objective 1: Describe and adopt behaviors for health and safety.</p> <ul style="list-style-type: none"> a. Explain the importance of balance in a diet b. Distinguish communicable from noncommunicable diseases (e.g., chicken pox, common cold, flu; asthma, cancer, diabetes). c. Relate behaviors that can help prevent disease (e.g., hand washing, good nutrition, fitness, universal precautions). d. Identify the harmful effects of tobacco on self and others (e.g., death, heart and lung disease, shortness of breath). e. Adopt basic safety habits (e.g., wear a seatbelt, practice bicycle safety, find adult help in an emergency). 	http://www.uen.org/Lessonplan/preview.cgi?LPid=14455 http://www.uen.org/Lessonplan/preview.cgi?LPid=10801 http://www.uen.org/Lessonplan/preview.cgi?LPid=18870 http://www.uen.org/Lessonplan/preview.cgi?LPid=96 http://www.uen.org/Lessonplan/preview.cgi?LPid=10802 http://www.uen.org/Lessonplan/preview.cgi?LPid=10731 http://www.uen.org/Lessonplan/preview.cgi?LPid=10984 http://www.uen.org/Lessonplan/preview.cgi?LPid=14448 http://www.uen.org/Lessonplan/preview.cgi?LPid=5691 http://www.uen.org/Lessonplan/preview.cgi?LPid=5692 http://www.uen.org/Lessonplan/preview.cgi?LPid=5693 http://www.uen.org/Lessonplan/preview.cgi?LPid=5694 http://www.uen.org/Lessonplan/preview.cgi?LPid=5695 http://www.uen.org/Lessonplan/preview.cgi?LPid=961 <u>Gregory, The Terrible Eater</u> by Mitchell Sharmat <u>Sweet Tooth</u> by Margie Palatini <u>Oh, The things You Can Do That are Good for You!</u> By Tish Rabe <u>The Magic School Bus Inside Ralphie: A book about Germs</u> by Joanna Cole <u>Bernstain Bears Learn About Strangers</u> by Stan Berstain <u>Officer Buckle</u> by Peggy Rathmann <u>Where's Your Tooth</u> by Rozanne Lanczank Williams <u>I Love Mud and Mud Loves Me</u> by Vicki Stephens <u>Your Body</u> by Margie Burton <u>The Human Body</u> by Melvin Berger <u>Why I Sneeze, Shiver, Hicup and Yawn</u> by Melvin Berger
2 nd Grade	Standard 1: Students will develop a sense of self.	<p>Objective 2: Develop and apply skills in fine and gross motor movement.</p> <ul style="list-style-type: none"> a. Participate daily in sustained periods of physical activity that requires exertion (e.g., one to five* minutes of walking, jogging, jump roping). b. Perform fundamental locomotor and nonlocomotor skills in movement sequences and game applications (e.g., walk-hop-skip, run-stretch-skate, run-hop-lay up). c. Perform manipulative skills exhibiting a majority of correct technique components (e.g., soccer kick: eyes on ball, step with foot opposite to kicking foot, contact ball with inside of foot, follow through). d. Identify components of physical fitness (i.e., strength endurance, flexibility) and corresponding activities. <p>Create and perform unique dance movements and sequences that expand physical skills while demonstrating personal and spatial awareness.</p>	http://www.uen.org/Lessonplan/preview.cgi?LPid=16271 http://www.uen.org/Lessonplan/preview.cgi?LPid=16259 http://www.uen.org/Lessonplan/preview.cgi?LPid=4772 http://www.uen.org/Lessonplan/preview.cgi?LPid=5691 http://www.uen.org/Lessonplan/preview.cgi?LPid=5692 http://www.uen.org/Lessonplan/preview.cgi?LPid=5693 http://www.uen.org/Lessonplan/preview.cgi?LPid=5694 http://www.uen.org/Lessonplan/preview.cgi?LPid=5695 http://www.uen.org/Lessonplan/preview.cgi?LPid=16270 <u>Miss Mary Mack</u> by Joanna Cole and Stephanie Calmenson <u>Giraffes Can't Dance</u> by Andreea Giles <u>From Head to Toe</u> by Eric Carle <u>Get Up and Go</u> by Nancy L. Carlson

2 nd Grade	<p>Standard 1: Students will develop a sense of self.</p> <p>Objective 3: Develop and use skills to communicate ideas, information, and feelings.</p> <ul style="list-style-type: none"> a. Express personal experiences and imagination through dance, storytelling, music, and visual art. b. Create, with improving accuracy, works of art depicting depth (e.g., close objects large, distant objects small) using secondary and tertiary colors. c. Develop ability to sing in tune with relaxed strength and clarity. d. Develop consistency in rhythmic accuracy of body percussion and instrument playing. 	<p>http://www.uen.org/Lessonplan/preview.cgi?LPid=18875 http://www.uen.org/Lessonplan/preview.cgi?LPid=14488 http://www.uen.org/Lessonplan/preview.cgi?LPid=14832 http://www.uen.org/Lessonplan/preview.cgi?LPid=4927 http://www.uen.org/Lessonplan/preview.cgi?LPid=5690 http://www.uen.org/Lessonplan/preview.cgi?LPid=16263 http://www.uen.org/Lessonplan/preview.cgi?LPid=5715</p> <p><u>My Many Colored Days</u> by Dr. Suess <u>Feelings</u> by Aliki <u>How are you Peeling?: Foods with Moods</u> by Saxton Freymann <u>The Deaf Musicians</u> by Pete & Jacobs Seeger & Paul Dubois <u>Knockin' on Wood, Staring Peg Leg Bates</u> by Lynne Barasch <u>The Red book</u> by Barbara Lehman <u>Shaper Capers</u> by Cathryn Falwell</p>
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Standard 2

Grade	Standard	Objective	Resources
2 nd Grade	Standard 2: Students will develop a sense of self in relation to families and community.	<p>Objective 1: Describe behaviors that influence relationships with family and friends.</p> <ul style="list-style-type: none"> a. Describe characteristics of healthy relationships (e.g., caring, responsibility, trust, respect). b. Identify benefits of cooperating and sharing. c. Explain how families and communities change over time. d. Recognize how choices and consequences affect self, peers, and family. e. Identify behaviors that might create conflict situations and ways to resolve them. 	<p>Counselors will teach these lessons.</p> <p>http://www.uen.org/Lessonplan/preview.cgi?LPid=14830 http://www.uen.org/Lessonplan/preview.cgi?LPid=5697 http://www.uen.org/Lessonplan/preview.cgi?LPid=5698 http://www.uen.org/Lessonplan/preview.cgi?LPid=5699 http://www.uen.org/Lessonplan/preview.cgi?LPid=5700 http://www.uen.org/Lessonplan/preview.cgi?LPid=5703 http://www.uen.org/Lessonplan/preview.cgi?LPid=5707</p> <p>You Can Choose: Cooperation-video Being Responsible-video Appreciating Self-video Resolving Conflicts-video Being Friends-video How to Get Along- Book & Songs program Book: <u>Charlie the Caterpillar</u> Book: <u>The Very Greedy Bee</u> by Steve Smallman Book: <u>The Wizard the Fairy and the Magic Chicken</u> by Helen Lester Tales that Teach-curriculum-Contact Teresa Winkler for more info 30 Minute Miracles- IMC curriculum Book: <u>How to lose all your friends</u> by Nancy Carlson Book: <u>The Rainbow Fish</u> by Marcus Pfister Book: <u>The Giving Tree</u> by Shel Silverstein Book: <u>It's Mine</u> by Leo Lionni A series of books by the Young People's Press covers several character education values – One value per book <u>My Friend is Sad</u> by Mo Willems <u>Best Friends</u> by Stephen Kellogg <u>Friends</u> by Helme Heine <u>Berenstain Bears & Baby Makes Five</u> by Stan Berenstain <u>Berenstain Bears Count Their Blessing</u> by Stan Berenstain <u>The Relatives Came</u> by Cynthia Rylant <u>Lilly's Purple Plastic Purse</u> by Kevin Henkes <u>Julius the Baby of the World</u> by Kevin Henkes <u>Elizabeth and Larry</u> by Marilyn Sadler</p>
2 nd Grade	Standard 2: Students will develop a sense of self in relation to families and community.	<p>Objective 2: Examine important aspects of the community and culture that strengthen relationships.</p> <ul style="list-style-type: none"> a. Explain why families, schools, and communities have rules. b. Compare rural, suburban, and urban communities. c. Relate goods and services to resources within the community. d. Participate in activities that promote public good (e.g., respect cultural and ethnic differences, identify community needs) and recite the Pledge of Allegiance. e. Recognize the positive and negative impact of media. 	<p>http://www.uen.org/Lessonplan/preview.cgi?LPid=14455 http://www.uen.org/Lessonplan/preview.cgi?LPid=14830 http://www.uen.org/Lessonplan/preview.cgi?LPid=14832 http://www.uen.org/Lessonplan/preview.cgi?LPid=16251 http://www.uen.org/Lessonplan/preview.cgi?LPid=16269 http://www.uen.org/Lessonplan/preview.cgi?LPid=5704 http://www.uen.org/Lessonplan/preview.cgi?LPid=5708</p> <p><u>Come On, Rain</u> by Jon J. Muth <u>Berenstain Bears' New Neighbor</u> by Stan Berenstain <u>I Pledge Allegiance</u> by Bill Martin Jr. <u>Old Henry</u> by Joan W. Blos <u>Celebrate: Connections Among Cultures</u> by Jan Reynolds</p>
2 nd Grade	Standard 2: Students will develop a sense of self in relation to families and community.	<p>Objective 3: Express relationships in a variety of ways.</p> <ul style="list-style-type: none"> a. Describe traditions, music, dances, artwork, poems, rhymes, and stories that distinguish cultures. b. Develop an acting ability to relate to characters' thoughts and 	<p><u>Tomie DePaola's Mother Goose</u> by Tomie DePaola <u>The Lemonade Club</u> by Patricia Palacco <u>Goose and Duck</u> by Jean Craighead George <u>Slippers at Home</u> by Andrew Clements <u>Our Tree Named Steve</u> by Alan Zweibel <u>American Tall Tales</u> by Mary Pope Osborne http://www.uen.org/Lessonplan/preview.cgi?LPid=10965</p>

		<p>feelings (e.g., needs, hopes, frustrations, fears) in stories and plays.</p> <p>c. Create and perform/exhibit dances, visual art, music, and dramatic stories from a variety of cultures expressing the relationship between people and their culture.</p>	http://www.uen.org/Lessonplan/preview.cgi?LPid=10899 http://www.uen.org/Lessonplan/preview.cgi?LPid=14837 http://www.uen.org/Lessonplan/preview.cgi?LPid=234 http://www.uen.org/Lessonplan/preview.cgi?LPid=5701 http://www.uen.org/Lessonplan/preview.cgi?LPid=5702 http://www.uen.org/Lessonplan/preview.cgi?LPid=5706 http://www.uen.org/Lessonplan/preview.cgi?LPid=5710 http://www.uen.org/Lessonplan/preview.cgi?LPid=16261 http://www.uen.org/Lessonplan/preview.cgi?LPid=16263
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Nutrition Education: See

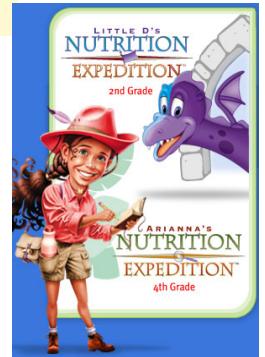
Fun and Easy Ways to Teach Nutrition

New Nutrition Education Curriculum for 2nd and 4th Grades

Free teacher resources from Utah Dairy Council.

<http://www.utahdairycouncil.com/42.html>

Enroll at <http://www.nutritionexplorations.org/educators/>



Standard 3

Grade	Standard	Objective	Resources
2 nd Grade	Standard 3: Students will develop an understanding of their environment.	Objective 1: Investigate relationships between plants and animals and how living things change during their lives. a. Observe and describe relationships between plants and animals. b. Describe the life cycle of local plants and animals using diagrams and pictures. c. Create pictures and stories about real animals and compare them to make-believe stories about animals.	http://www.uen.org/Lessonplan/preview.cgi?LPid=10986 http://www.uen.org/Lessonplan/preview.cgi?LPid=18836 http://www.uen.org/Lessonplan/preview.cgi?LPid=5716 http://www.uen.org/Lessonplan/preview.cgi?LPid=5717 http://www.uen.org/Lessonplan/preview.cgi?LPid=5718 http://www.uen.org/Lessonplan/preview.cgi?LPid=702 http://www.uen.org/Lessonplan/preview.cgi?LPid=16270
2 nd Grade	Standard 3: Students will develop an understanding of their environment.	Objective 2: Observe and describe weather. a. Observe and describe patterns of change in weather. b. Measure, record, graph, and report changes in local weather. c. Describe how weather affects people and animals. d. Draw pictures and create dances and sounds that represent weather features (e.g., clouds, storms, snowfall).	http://www.uen.org/Lessonplan/preview.cgi?LPid=10986 http://www.uen.org/Lessonplan/preview.cgi?LPid=18836 http://www.uen.org/Lessonplan/preview.cgi?LPid=16271 http://www.uen.org/Lessonplan/preview.cgi?LPid=14836 http://www.uen.org/Lessonplan/preview.cgi?LPid=10867 http://www.uen.org/Lessonplan/preview.cgi?LPid=5719 http://www.uen.org/Lessonplan/preview.cgi?LPid=5720 http://www.uen.org/Lessonplan/preview.cgi?LPid=5721 http://www.uen.org/Lessonplan/preview.cgi?LPid=11845 http://www.uen.org/Lessonplan/preview.cgi?LPid=11846 http://www.uen.org/Lessonplan/preview.cgi?LPid=11847 http://www.uen.org/Lessonplan/preview.cgi?LPid=1245
2 nd Grade	Standard 3: Students will develop an understanding of their environment.	Objective 3: Investigate the properties and uses of rocks. a. Describe rocks in terms of the parts that make up the rocks. b. Sort rocks based upon color, hardness, texture, layering, and particle size. c. Identify how the properties of rocks determine how people use them. d. Create artworks using rocks and rock products.	http://www.uen.org/Lessonplan/preview.cgi?LPid=18875 http://www.uen.org/Lessonplan/preview.cgi?LPid=1592 http://www.uen.org/Lessonplan/preview.cgi?LPid=10982 http://www.uen.org/Lessonplan/preview.cgi?LPid=10986 http://www.uen.org/Lessonplan/preview.cgi?LPid=10984 http://www.uen.org/Lessonplan/preview.cgi?LPid=18836 http://www.uen.org/Lessonplan/preview.cgi?LPid=10983 http://www.uen.org/Lessonplan/preview.cgi?LPid=5711 http://www.uen.org/Lessonplan/preview.cgi?LPid=5712 http://www.uen.org/Lessonplan/preview.cgi?LPid=2316 http://www.uen.org/Lessonplan/preview.cgi?LPid=2330 http://www.uen.org/Lessonplan/preview.cgi?LPid=10970 http://www.uen.org/Lessonplan/preview.cgi?LPid=2204 http://www.uen.org/Lessonplan/preview.cgi?LPid=11491 http://www.uen.org/Lessonplan/preview.cgi?LPid=11515 http://www.uen.org/Lessonplan/preview.cgi?LPid=11510
2 nd Grade	Standard 3: Students will develop an understanding of their environment.	Objective 4: Demonstrate how symbols and models are used to represent features of the environment. a. Identify and use information on a map or globe (i.e., map key or legend, compass rose, physical features, continents, oceans). b. Use an atlas and globe to locate information. c. Locate continents and oceans on a map or globe (i.e., North America, Antarctica, Australia, Africa, Pacific Ocean, Atlantic Ocean).	http://www.uen.org/Lessonplan/preview.cgi?LPid=16267 http://www.uen.org/Lessonplan/preview.cgi?LPid=14835 http://www.uen.org/Lessonplan/preview.cgi?LPid=10986 http://www.uen.org/Lessonplan/preview.cgi?LPid=16255 http://www.uen.org/Lessonplan/preview.cgi?LPid=5713 http://www.uen.org/Lessonplan/preview.cgi?LPid=5714 http://www.uen.org/Lessonplan/preview.cgi?LPid=16261

Human Development and Relationships

Standard 2 Grades K-2

Web sites:

Core Academy at USU

<http://coreacademy.usu.edu/Materials/>

Heart Power Online

<http://www.americanheart.org/presenter.jhtml?identifier=3028650>

This website has great lesson plan ideas by grade or core on health.

Jordan Educational Media, Inc. You can get video clips for teaching.

<http://www.jordaneducationmedia.com/>

<http://charactercounts.org>

www.teachwithmovies.org (may have a fee)

www.uen.org Gives lesson plans that follow core

www.uen.org/dms/ E-media can download materials