

HEALTH
2nd Grade

RE-1 Standard 1: The student will comprehend concepts related to health promotions and discuss prevention.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
1.1 Describe the relationship between personal health behaviors and individual well-being.	Class P.E. Teacher	BODY CHOOSE	FIT RIGHT
1.2 Identify indicators of mental, emotional, social and physical health during childhood.	Class P.E. Teacher	CHANGE FIT	OUNCE SMILE
1.3 Describe the basic structure and function of the human body system.	Class P.E. Teacher	BODY FIT	SMILE
1.4 Describe how the family influences personal health.	Class P.E. Teacher	BODY CHANGE CONSUMER	FIT OUNCE SMILE
1.5 Describe how physical, social and emotional environments influence personal health.	Class P.E. Teacher	CHANGE CHOOSE CONSUMER	ENVIRONMENT FIT SMILE
1.6 Explain and identify health problems and childhood injuries that can be prevented or treated if detected early.	Class	OUNCE	

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RE-1 Standard 2: Students will demonstrate the ability to practice health-enhancing behaviors, reduce health risks.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
2.1 Identify responsible health behaviors.	Class P.E. Teacher	BODY CHOOSE FITNESS	OUNCE RIGHT SMILE
2.2 Identify personal health needs.	Class P.E. Teacher	BODY CHANGE CHOOSE CONSUMER	FITNESS OUNCE SMILE
2.3 Demonstrate strategies to improve or maintain personal health.	Class P.E. Teacher	BODY ENVIRONMENT FIT	OUNCE SAFETY SMILE
2.4 Develop injury prevention and management strategies for personal health.	Class P.E. Teacher	CHOOSE FIT	OUNCE SAFETY
2.5 Compare and demonstrate ways to avoid and reduce threatening situations.	Class	CHOOSE CONFLICT	OUNCE SAFETY
2.6 Apply skills to manage stress.	Class P.E. Teacher	CONFLICT FIT	SKILL

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RE-1 Standard 3: Students will analyze the influence of culture, media, technology and other factors on health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
3.1 Describe how culture influences personal health behaviors.	P.E. Teacher	BODY CHOOSE	CONSUMER FIT
3.2 Explain how media influences thoughts, feelings, and health behaviors.	Teacher P. E. Teacher	BODY CHOOSE	CONSUMER
3.3 Describe ways technology can influence personal health.	P.E. Teacher	CHOOSE CONSUMER	FIT
3.4 Explain how information from school and family influences health.	Teacher P.E. Teacher	BODY	

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RE-1 Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
4.1 Distinguish between verbal and non-verbal communication.	Class	CONFLICT	
4.2 Describe characteristics needed to be a responsible friend and family member.	Class	CONFLICT SKILL	
4.3 Demonstrate healthy ways to express needs, wants and feelings.	Class P.E. Teacher	BODY CHOOSE CONSUMER ENVIRONMENT	ENVIRONMENT SKILL SMILE
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	Class P.E. Teacher	CHOOSE CONFLICT FIT	RIGHT SKILL
4.5 Demonstrate attentive listening skills to build and maintain healthy relationships.	Class	CONFLICT	
4.6 Demonstrate refusal skills to enhance health.	Class	CHOOSE SAFETY	
4.7 Differentiate between negative and positive behaviors used in conflict situations.	Class PE	CONFLICT SAFETY	SKILL

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BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
4.8 Demonstrate non-violent strategies to resolve conflicts.	Class	SAFETY	SKILL

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RE-1 Standard 5: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
5.1 Demonstrate the ability to apply a decision-making process to health issues and problems.	Class P.E. Teacher	BODY CHANGE CHOOSE	CONFLICT FIT SAFETY
5.2 Explain when to ask for assistance in making health-related decisions and setting health goals.	Class P.E. Teacher	BODY CONSUMER FIT	RIGHT SAFETY SKILL
5.3 Predict outcomes of positive health decisions.	Class P.E. Teacher	BODY ENVIRONMENT	FIT SMILE
5.4 Set a personal health goal and track progress toward its achievement.	P.E. Teacher	FIT SKILL	

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RE-1 Standard 6: Students will demonstrate the ability to advocate for personal, family and community health.

BENCHMARK	WHO IS ACCOUNTABLE	LESSON PLAN RESOURCES	
6.1 Describe a variety of methods to convey accurate health information and ideas.	P.E. Teacher	BODY FIT	OUNCE
6.2 Express information and opinions about health issues, both emotional and physical.	Teacher P.E. Teacher	CHOOSE CONSUMER	RIGHT SAFETY
6.3 Identify and locate community agencies that advocate for healthy individuals, families and communities.	Class P.E. Teacher	CHOOSE FIT	RIGHT SMILE
6.4 Demonstrate the ability to influence and support others in making positive health choices.	Class	BODY ENVIRONMENT	RIGHT