



Diocese of Greensburg Curriculum
Health Grade 2

Unit	Standards	Content	Skills
<p>My Feelings</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>G. Know, demonstrate, and identify the steps of a decision- making process</p> <p>10.3 Safety & Injury Prevention 10.3 Safety and Injury Prevention</p> <p>C. Recognize conflict situations and identify strategies to resolve them</p> <hr/> <p>PA: Grade 3</p> <p>10.2 Healthful Living Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Identify the steps in a decision-making process.</p> <p>10.3 Safety & Injury Prevention Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> • walk away • I-statements • refusal skills • adult intervention <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Conflict Resolution • Self-Esteem • Anger Management • Coping Strategies 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Solve problems through conflict resolution • Develop coping strategies to manage their emotions • Analyze good from bad choices • Utilize their faith in the decision making process • Recognize their own self-worth and enhance self-esteem

Unit	Standards	Content	Skills
<p>Nutrition</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>D. Describe why the body needs food</p> <p>E. Recognize that there are a variety of foods that can be grouped</p> <p>F. Develop an understanding of the importance of eating healthy and the role of food in keeping the body healthy</p> <p>G. Develop an understanding of the importance of drinking water to keep the body healthy</p> <p>PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <ul style="list-style-type: none"> • food groups • number of servings • variety of food • nutrients <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Nutrition • Diet • My Food Plate • Food Groups • Nutrients 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Compare and contrast healthy and unhealthy food choices • Illustrate My Food Plate. • Investigate and summarize the information on product labels
<p>Staying Well</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.2 Healthful Living 10.2 Healthful Living</p> <p>A. Know the relationship between personal health practices and being healthy</p> <p>C. Know and use personal health practices</p>	<ul style="list-style-type: none"> • Germ Awareness • Cleanliness • Grooming • Communicable disease • Non-communicable disease 	<p>The students will be able to :</p> <ul style="list-style-type: none"> • Define and prevent the spread of germs • Develop and understand the importance of cleanliness • Apply good grooming skills

Unit	Standards	Content	Skills
	<p>E. Identify common health related signs, symbols, and products that help keep the body healthy</p> <p>PA: Grade 3</p> <hr/> <p>10.2 Healthful Living</p> <p>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify personal hygiene practices that promote health and prevent the spread of disease.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Develop good dental health practices • Ways to protect the body from diseases
<p>Staying Safe/Safe Environment</p>	<p>PA: Health, Safety & Physical Education (2002)</p> <p>PA: Grade K</p> <hr/> <p>10.2 Healthful Living</p> <p>10.2 Healthful Living</p> <p>D. Identify people that help to keep us healthy and safe</p> <p>F. Know that what we hear and what we see affects our health and safety</p> <p>H. Identify things in the environment that can be harmful</p> <p>10.3 Safety & Injury Prevention</p> <p>10.3 Safety and Injury Prevention</p> <p>A. Know and demonstrate the importance of rules to ensure safety</p> <p>B. Recognize an emergency situation</p> <hr/> <p>PA: Grade 3</p> <p>10.3 Safety & Injury Prevention</p> <p>Pennsylvania's public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize safe/unsafe practices in the home, school and community. • general (e.g., fire, electrical, animals) • modes of transportation (e.g., pedestrian, bicycle, vehicular) • outdoor (e.g.,</p>	<ul style="list-style-type: none"> • Safety • Rules • Fire safety • Strangers • Secrets to keep and Not to keep • Safety at school • Outdoor safety • Car safety • bike/skate safety • Animal safety • Injury prevention/first aid 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of safety rules • Demonstrate safety procedures • Compare and contrast safe and unsafe situations • Identify ways to react in emergency situations. • Identify secrets that can be kept and that should not be kept • Understand that an unwanted touch is abuse

Unit	Standards	Content	Skills
	<p>play, weather, water) • safe around people (e.g., safe/ unsafe touch, abuse, stranger, bully)</p> <p>B. Recognize emergency situations and explain appropriate responses. • importance of remaining calm • how to call for help • simple assistance procedures • how to protect self</p> <p>D. Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Medicines and Drugs</p>	<p>PA: Health, Safety & Physical Ed PA: Grade K</p> <hr/> <p>10.1 Concepts of Health 10.1 Concepts of Health</p> <p>H. Begin to know how to properly use medicine (e.g., who takes medicine, who gives medicine)</p> <p>PA: Grade 3</p> <hr/> <p>10.1 Concepts of Health Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Know age appropriate drug information.</p> <ul style="list-style-type: none"> • definition of drugs • effects of drugs • proper use of medicine • healthy/unhealthy risk-taking (e.g. inhalant use, smoking) • skills to avoid drugs <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Drug • Medicine • Prescription • Tobacco • Caffeine • Alcohol • Refusing drugs • Safely using medicines 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Distinguish between medicine that is helpful and drugs that are harmful • Recognize the harmful effects of drugs • Understand how to properly use medicine • Compare and contrast different forms of abuse. • Determine the health, safety and hygiene risks of drug, alcohol and tobacco use

