Virginia Health

Grade 2

Essential Health Concepts

1 The student will identify the major body systems, healthy food and beverage choices, emotions, and social skills and explain how each is connected to personal health. 2.1

Body Systems

a Identify structures that form body systems, including the heart and lungs (cardiorespiratory system), bones (skeletal system), and muscles (muscular system) and how the systems work together. 2.1.A

Nutrition

b Identify where and how fruits and vegetables are grown. 2.1.B

Physical Health

c Describe correct posture for sitting, standing, and walking 2.1.C

Disease Prevention/Health Promotion

d Recognize that germs cause colds and flu, and define communicable as something that can be spread from person to person. 2.1.D

Substance Abuse Prevention

e Describe the harmful effects of medicine, alcohol, and tobacco, including poor concentration; impaired balance, vision, and memory; shortness of breath; cancer; lung and heart disease; and changes to the way a person feels, thinks, and acts. 2.1.E

f Identify refusal skills. 2.1.F

g Explain differences between prescription and nonprescription medications. 2.1.G

Safety

h Explain the importance of assuming responsibility for personal safety. 2.1.H

Mental Wellness/Social and Emotional Skills

i Identify feelings associated with disappointment, loss, and grief. 2.1.I

j Describe personal strengths and identify how individuals are unique. 2.1.J

k Describe characteristics of a trusted friend and a trusted adult. 2.1.K

Violence Prevention

l Explain the difference between joking, teasing, and bullying, and identify how each may impact the recipient. 2.1.L

m Define conflict and describe situations in which conflict may occur. 2.1.M

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Community/Environmental Health

n Describe how the environment influences health. 2.1.N

Healthy Decisions

2 The student will identify personal health decisions and health habits that influence health and wellness throughout life. 2.2

Body Systems

a Identify possible consequences of not caring for cardiorespiratory, skeletal, and muscular systems. 2.2.A

Nutrition

b Physical Health 2.2.B

c Practice correct posture for sitting, standing, and walking. 2.2.C

Disease Prevention/Health Promotion

d Explain why it is important to cover the mouth and nose when sneezing and to wash hands to stay free of communicable disease. 2.2.D

Substance Abuse Prevention

e Recognize that tobacco smoke and nicotine products (e.g., electronic smoking devices) are harmful to one's health and should be avoided. 2.2.E

f Describe the use of refusal skills based on good decisions. 2.2.F

g Identify why medicines should only be taken under the supervision of an adult and the importance of childproof caps on medicines. 2.2.G

Safety/Injury Prevention

h Identify ways that students can take responsibility for personal safety at home, at school, and in the community. 2.2.H

Mental Wellness/Social and Emotional Skills

i Explain healthy ways to express feelings associated with disappointment, loss, and grief. 2.2.I

j Discuss how empathy, compassion, and acceptance help one understand others. 2.2.J

k Identify trusted adults at school and at home. 2.2.K

Violence Prevention

l Identify ways to respond appropriately to joking, teasing, and bullying. 2.2.L

m Describe how to work and play cooperatively and how to use nonviolent strategies to resolve conflict. 2.2.M

Community/Environmental Health

n Describe ways to protect the environment. 2.2.N

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Body Systems

a Explain how daily physical activity and healthy eating habits contribute to healthy cardiorespiratory, skeletal, and muscular systems. 2.3.A

Nutrition

b Identify ways to incorporate fruits and vegetables into daily food choices (i.e., breakfast, lunch, dinner, snacks). 2.3.B

Physical Health

c Demonstrate proper lifting and carrying techniques for handling backpacks and book bags. 2.3.C

Disease Prevention/Health Promotion

d Demonstrate techniques for reducing or preventing the spread of germs and communicable diseases. 2.3.D

Substance Abuse Prevention

e Explain why it is dangerous to sniff, taste, or swallow unknown substances. 2.3.E

f Demonstrate refusal skills in situations that involve harmful substances with peers and adults. 2.3.F

g Conduct an assessment of harmful substances in the home with a parent/guardian. 2.3.G

Safety/Injury Prevention

h Identify emergency resources, services, and healthcare professionals in the community that influence health, safety, and wellness. 2.3.H

Mental Wellness/Social and Emotional Skills

i Identify adults who can help with disappointment, loss, and grief 2.3.I

j Identify and discuss how to show respect for similarities and differences between individuals. 2.3.J

k Identify situations where trusted friends and adults can help. 2.3.K

Violence Prevention

l Use appropriate strategies to safely stand up to teasing and to report bullying. 2.3.L

m Demonstrate nonviolent strategies to resolve conflict and support peers in school and in the community. 2.3.M

Community/Environmental Health

n Promote a strategy to protect the environment. 2.3.N