Washington Health and Physical Education

Health: Grade 2

Adopted 2016

Wellness

1. **Dimensions of Health**
   2. Describe what it means to be healthy. H1.W1.2
2. **Hygiene**
   2. Describe benefits of hygiene practices. H1.W2.2
3. **Disease Prevention**
   a. Understand bacteria and viruses are types of germs. H1.W3.2.A
   b. Describe differences between communicable and noncommunicable diseases. H1.W3.2.B
4. **Analyzing Influences**
   2. Understand how media influences health decisions and behaviors. H2.W4.2
5. **Access Valid Information**
   2. Identify characteristics of valid health information and services. H3.W5.2
6. **Communication**
   a. Demonstrate active listening skills to enhance communication. H4.W6.2.A
   b. Identify skills for assertive communication. H4.W6.2.B
7. **Decision-Making**
   2. Identify healthy options for making a health-related decision. H5.W7.2
8. **Goal-Setting**
   2. Describe steps to achieve a personal health goal. H6.W8.2

Safety

1. **Injury Prevention**
   a. Identify safety hazards in the community. H1.SA1.2.A
   b. Describe bicycle, pedestrian, and transportation safety rules. H1.SA1.2.B
   c. Describe emergency, fire, and safety plans at home and at school. H1.SA1.2.C
   d. Understand importance of avoiding weapons when unsupervised. H1.SA1.2.D
2. **First Aid**

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a. Recognize local emergency alert system. H1.SA2.2.A

b. Identify people who can help when someone is injured or suddenly ill. H1.SA2.2.B

a. Describe safety rules to follow in a disaster. H1.SA2.3.A

3. Violence Prevention

a. Describe different types of violence and abuse. H1.SA3.2.A

b. Identify healthy and unhealthy group characteristics. H1.SA3.2.B

Nutrition

1. Food Groups and Nutrients

a. Understand how to create a balanced meal. H1.N1.2.A

b. Describe how each food group contributes to a healthy body. H1.N1.2.B

c. Understand importance of eating meals throughout the day. H1.N1.2.C

2. Beverages

2. Identify benefits of drinking recommended intake of water. H1.N2.2

3. Label Literacy

2. Identify purpose of a Nutrition Facts label. H3.N3.2

4. Caloric Intake and Expenditure

2. Identify healthy eating patterns that provide energy and help the body grow and develop. H1.N4.2

5. Disease Prevention

2. Understand that food choices can put individuals at risk for some health problems. H1.N5.2

6. Nutritional Planning

2. Identify how family, school, and community influence food and beverage choices and eating behaviors. H2.N6.2

2. Recognize decision-making or refusal skills that could help when making food choices. H5.N6.2

Sexual Health

1. Anatomy and Physiology

2. Use medically accurate names for body parts, including external reproductive anatomy. H1.SE1.2

2. Growth and Development

2. Understand physical changes are part of growth and development. H1.SE2.2

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Reproduction

2. Understand living things can reproduce. H1.SE3.2

5. **Self-Identity**
    a. Understand there is a range of gender roles and expression. H1.SE5.2.A
    b. Understand importance of treating others with respect regarding gender expression. H1.SE5.2.B
6. **Healthy Relationships**
    a. Identify characteristics and benefits of healthy friendships. H1.SE6.2.A
    b. Explain why unwanted touches should be reported to a trusted adult. H1.SE6.2.B
    a. Describe healthy ways for family members and friends to express feelings toward each other. H4.SE6.2.A
    b. Demonstrate how to tell trusted adults about unwanted touch until action is taken. H4.SE6.2.B

Social Emotional Health

1. **Self-Esteem**
    a. Identify personal strengths and challenges. H1.SO1.2.A
    b. Recognize that practice develops confidence. H1.SO1.2.B
2. **Body Image**
    2. Understand body size, shape, and appearance are partially determined by genetics. H1.SO2.2
3. **Stress Management**
    a. Identify causes of stress. H1.SO3.2.A
    b. Describe stress management techniques. H1.SO3.2.B
4. **Expressing Emotions**
    2. Demonstrate appropriate ways to express emotions. H4.SO4.2
    2. Understand relationship between emotions and behaviors. H1.SO4.2
5. **Harassment, Intimidation, and Bullying**
    2. Define bystanders and interveners related to bullying. H1.SO5.2
    2. Identify strategies to intervene safely when someone is being bullied or teased. H8.SO5.2

Substance Use and Abuse

1. **Use and Abuse**
    a. Understand differences between prescription medicines, over-the-counter medicines, and harmful drugs. H1.SU1.2.A
    b. Understand commonly used terms for tobacco and alcohol. H1.SU1.2.B

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2. **Effects**

    2. Understand effects of tobacco and alcohol. H1.SU2.2

3. **Prevention**

    2. Describe how to use refusal skills when offered non-prescribed medicine or harmful drugs. H4.SU3.2

    2. Identify benefits of being tobacco- and alcohol-free. H1.SU3.2

    2. Demonstrate refusal skills in different situations. H1.SU3.2