

Springfield Public Schools
K-5 HEALTH

2nd Grade
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Health Program is:

- 1) The student will be able to identify the concept of germs, the causes and preventions of spreading germs, which cause disease and treatments of disease. (HPE2, 3; 2.1, 4.7)
 - A. Identify and practice hygiene habits to prevent the spread of germs and illness.
 - B. Describe advantages of being healthy.
 - C. Recognize and explain that health screenings such as vision, hearing, dental checks and immunizations are part of disease prevention.
 - D. Name health workers and the service they provide.
 - E. Name family and community members to turn to for health needs.

- 2) The student will identify similarities and differences among the variety of families that exist today. (HPE2; 3.1, 3.3, 3.6)
 - A. Recognize different types of family structures and discuss factors that cause change in families.

- 3) Students will recognize and demonstrate personal health behaviors which will lead to and promote positive mental health. (HPE2; 2.6, 3.1, 4.7)
 - A. Identify behaviors that cause and reduce conflicts.
 - B. Practice positive communication skills.
 - C. State that people are unique and special, including self.
 - D. Discuss who to turn to with worried feelings.
 - E. Practice decision making and positive health choices

- 4) The student will describe cause and effect of substance use/misuse. (HPE2, 5; 3.1, 3.2, 3.4, 3.7)
 - A. Identify safety rules for medicine use in the home.
 - B. Recognize ways to feel better other than using medicine.
 - C. Identify nicotine as the drug, in cigarettes and chewing tobacco, which can harm the body.
 - D. Identify the difference between beneficial and harmful effects of drugs.

- 5) The student will recognize the relationships among nutritional needs, food choices, and a healthy lifestyle. (HPE2, 6; 1.5, 2.1, 3.2, 4.7)
 - A. List foods within each food group.
 - B. Describe the importance of a balanced diet and give examples of healthy foods.
 - C. Describe the five senses and ways to protect them.
 - D. Identify major body systems (cardiovascular, respiratory, skeletal, and muscular).
 - E. Practice healthy hygiene procedures.
 - F. Explain how exercise keeps the body healthy.

- 6) The student will develop an awareness of safety guidelines and first aid procedures. (HPE4, 7;3.1, 3.2, 3.4, 3.6, 3.7)
 - A. Tell appropriate responses to use if approached by a stranger.
 - B. Identify rules for recreational safety.
 - C. Identify procedures for emergency situations.

- 7) The student will comprehend concepts related to the basic structure and functions of the human body systems. (HPE1; 1.6, 1.8, 4.7)
 - A. Describe the five senses and ways to protect them.
 - B. Identify major body systems (cardiovascular, respiratory, skeletal, and muscular).