

THE GREAT BODY SHOP

GRADE 2 TOPIC SCOPE AND SEQUENCE

Injury Prevention and Personal Safety

- Safe vs. unsafe
- Safety rules and laws
- Common hazards
- Emergencies: getting help, acting quickly
- Protecting the brain
- Acting responsibly
- Refusal skills
- Predicting consequences of safe and unsafe actions
- Practicing personal safety routines
- Types of touches



Nutrition

- Role of nutrients
- Number of daily servings from food pyramid
- Role of good breakfast
- Classifying and evaluating foods
- Making responsible food choices
- Nutrition and self worth
- Implementing goals
- Choosing healthful snacks
- Identifying influences on food choices

Functions of the Body

- Parts and functions of the brain
- Various ways to be smart
- Thinking skills
- Heart functions
- Muscles
- Skin
- Health routines for a healthy heart
- Effects of smoking
- Symptoms and effects of fear
- Developing empathy

Growth & Development/ The Cycle of Family Life

- How babies grow and change
- Knowing the stages of life
- Needs of growing plants
- Animals and people
- Being patient
- Defining family
- Family roles and differences
- Responsibility in families
- Facing family changes
- Predicting consequences of resisting change

Disease and Illness Prevention (Including HIV)

- Defining germs and how they spread
- Contrasting sick and well
- Setting illness prevention goals
- Respecting body signals
- Classifying living and non-living things
- Antibodies
- Do's and don'ts when sick
- Community health helpers
- Rules and laws
- Medicines

Substance Abuse Prevention

- Identifying drug types (nicotine, alcohol, street drugs)
- Knowing the importance of healthy choices
- Practicing changing habits
- Positive ways to solve problems
- Safety routines when sick
- Knowing the effects of drugs on family and community
- Communicating and sharing
- Refusal skills

Community Health & Safety (With Violence Prevention)

- Community safety rules and laws
- Practicing habits that save the environment
- Knowing ways you might hurt others and how they might hurt you
- Practicing ways to avoid fights
- Classifying violent and non-violent TV
- Predicting consequences of various behaviors
- Defining what it means to be drug-free and a good citizen
- Bully prevention

Self Worth, Mental and Emotional Health

- Identifying special qualities in self and others
- Respecting and having empathy for self and others
- How family changes affect feelings
- Coping with fear
- Real dangers
- Helping others
- Communicating
- Avoiding risky situations
- Recognizing prejudice
- Developing positive character traits

Environmental and Consumer Health

- Influences on health
- Environmental hazards and skin safety
- Sun damage and protection
- Rules for safe use of food and health care products
- Health/safety professionals and their services,
- Healthful meal selections
- Asthma and air pollution
- Second-hand smoke
- Advocacy
- Food handling laws

Physical Fitness

- Benefits of exercise on the heart, muscles, and bones
- Actions that help or hurt
- Muscle control
- Safety routines
- Rules for safe play
- Setting fitness goals
- Muscular impairments
- Types of physical activities
- Fitness pyramid