

Content Area (s)

- Personal Health Community Health Safety & Accident Prevention Family Life Environmental Health
 Nutrition Consumer Health Substance Use & Abuse Growth & Development Disease Prevention

Benchmarks:

Describe ways to prevent and treat common diseases.
 Demonstrate appropriate use of healthy terms.
 Demonstrate understanding of cardiovascular system.
 Choose healthful foods.
 Identify safe and unsafe substances.
 Set a short term personal goal.

PI#

A2
 A3
 A1
 C3
 C1
 F2

Students will know:

1. Why the cardiovascular system is an important part of our body.
2. The parts of the cardiovascular system.
3. How to keep their cardiovascular system healthy.

Learning Activities, Student Products, and Assessments (*)

American Heart Association Kit for Grade Two

Writing Prompt:

“Tell me all you know about the cardiovascular system.”

Label parts of the cardiovascular system.

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

1. American Heart Association Kit for Grade Two
2. Physical Education Teacher and Program

Additional Resources:

1. Field trip to Cardiac Care Unit at the hospital
2. Cardiac Care nurse as a guest presenter
3. Magic School Bus book and video

Students will be able to:

1. Label the different parts of the cardiovascular system.
2. Explain the function of those different parts.
3. Identify ways to keep their cardiovascular system healthy.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

Content Area (s)

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Benchmarks:

Students will follow rules to stay safe around firearms.
 Students will explain when assistance is needed in health situations.

PI#

C4
F1

Students will know:

- Two rules for staying safe around firearms.
- The meaning of the terms: cautious, careless, and careful.

Learning Activities, Student Products, and Assessments (*)

Lesson #6 – Risk Watch

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

Risk Watch Safety Program
 Grade 1 & 2
 Lesson #6

Police Officers as a guest presenter

Students will be able to:

- Stay away from guns and bullets.
- Tell a grown-up if they find or see a gun.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

Content Area (s)

- Personal Health Community Health Safety & Accident Prevention Family Life Environmental Health
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Benchmarks:

State two ways to prevent falls when playing.
 Identify areas that are safe and unsafe to play.
 Be aware that an injury can affect health.

PI#

C4
A1

Students will know:

1. Two playground rules.
2. Safe behavior on stairs, near windows, and other indoor situations.
3. How to identify areas that are safe to play in.

Learning Activities, Student Products, and Assessments (*)

Lesson #5 in Risk Watch

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

Risk Watch Safety Program
 Grades 1-2
 Lesson #5

Building Principal as guest speaker

Physical Education Teacher to present as part of the PE program

Students will be able to:

1. Take turns on playground equipment.
2. Walk around swings when in use.
3. Walk slowly, in single file, holding onto banister on stairs.
4. Tell if an area is safe or unsafe for playing.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

Content Area (s)

- Personal Health Community Health Safety & Accident Prevention Family Life Environmental Health
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Benchmarks:

State the correct response to the sound of a smoke detector/alarm.
 Demonstrate a variety of safety skills for different situations.

PI#
C4

Students will know:

- Two escape routes in case of a fire.

Learning Activities, Student Products, and Assessments (*)

Lesson #2 in Risk Watch

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

Risk Watch Safety Program

Grades 1-2

Lesson #2

Fire Fighter as a guest speaker

Students will be able to:

- Map the two escape routes from their home.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

Content Area (s)

- Personal Health Community Health Safety & Accident Prevention Family Life Environmental Health
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Benchmarks:

Students will know what to do when a person is choking.
 Explain when assistance is needed in making health-related decisions.
 Distinguish between verbal and non-verbal communication.
 Identify which school and community health helpers are needed in given situations.
 Demonstrate understanding of basic health terms.

PI#

F1
 E2
 B1
 A3

Students will know:

1. How and when to administer the Heimlich Maneuver.

Learning Activities, Student Products, and Assessments (*)

Lesson #3 in Risk Watch

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

Risk Watch Safety Program
 Grades 1-2
 Lesson #3

School Nurse or qualified EMT as a guest speaker.

Students will be able to:

1. State the three steps of the Heimlich Maneuver.
2. Demonstrate the Heimlich Maneuver.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

Content Area (s)

- Personal Health Community Health Safety & Accident Prevention Family Life Environmental Health
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Benchmarks:

- Demonstrate an understanding of basic health terms.
 Identify nutrition is a component of health.
 Set personal health goal for balanced healthy eating.
 Classify minerals and nutrients and what they are used for.
 Identify influences of media on health.
 Uses information to read and compare labels for healthy choices.
 Set a short-term personal health goal and give an example of.
 Explain how information from school and family influences health.

PI#

A3
 A1
 F1
 C3
 D1
 A3
 F2
 D2

Students will know:

1. The nutritional make-up of food.
2. Media influences our choices.
3. Basic nutritional health terms.
4. That nutritional information is found on labels.

Learning Activities, Student Products, and Assessments (*)

- American Heart Association Kit
 Sort and compare food labels into healthy and unhealthy.
 Sort and compare food labels by nutrients.
 Students will keep a log of what they eat.

Resources (People, Places, Field Trips, Curriculum Guides, Books, etc.)

American Heart Association Kit

Students will be able to:

1. List the nutrients in food.
2. Describe how nutrients benefit our body.
3. Read labels to identify healthy foods.
4. Set a personal health goal for proper nutrition.

Key:

Art, Music (A,M)
 Guidance (G)
 Nurse (N)
 Physical Ed. (PE)
 Technology (T)
 D.A.R.E. (D)

