

Content Area: Comprehensive Health and Physical Education

Standard: 2. Physical and Personal Wellness in Health

Prepared Graduates:
➤ Apply knowledge and skills related to health promotion, disease prevention, and health maintenance

Grade Level Expectation: Second Grade

Concepts and skills students master:
2. Recognize basic childhood chronic diseases

Evidence Outcomes	21st Century Skills and Readiness Competencies
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Students can:
a. Identify problems associated with common childhood chronic diseases or conditions, including but not limited to asthma, allergies, type-1 diabetes, and epilepsy
b. Communicate concern to an appropriate adult when a person is having an allergic reaction or difficulty breathing

Inquiry Questions:
1. How can you tell if someone is having an allergic reaction?
2. What actions might you take if you saw a person who was having trouble breathing?

Relevance and Application:
1. Food allergies are common and it is important to understand how to decrease exposure to allergens..
2. If someone is having difficulty breathing or is not responding, it is important to know how to seek help.

Nature of Health:
1. Chronic diseases and allergies can be effectively managed.

Content Area: Comprehensive Health and Physical Education

Standard: 4. Prevention and Risk Management in Health

Prepared Graduates:

- Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco, and other drugs

Grade Level Expectation: Second Grade

Concepts and skills students master:

1. Identify the dangers of using tobacco products and being exposed to second-hand smoke

Evidence Outcomes

Students can:

- a. Describe the benefits of not using tobacco
- b. Identify the short- and long-term physical effects of using tobacco and being exposed to tobacco smoke
- c. State reasons why one should avoid second-hand smoke
- d. Demonstrate the ability to assertively refuse an unwanted item or pressure from a peer

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. Why do people choose to smoke when they know it is bad for them?
2. Why is it important to be able to refuse something that you do not want?
3. What might happen if I saw a friend pick up a cigarette and I didn't say anything...I just walked away?

Relevance and Application:

1. Researchers explore the impact of tobacco on the body's ability to function normally.
2. Second-hand smoke impacts air quality.

Nature of Health:

1. Effective communication skills enhance a person's ability to express wants and defend their beliefs.
2. Research has clearly established that tobacco has a variety of harmful effects on the human body.

Content Area: Comprehensive Health and Physical Education

Standard: 4. Prevention and Risk Management in Health

Prepared Graduates:
➤ Apply knowledge and skills that promote healthy, violence-free relationships

Grade Level Expectation: Second Grade

Concepts and skills students master:
3. Explain why bullying is harmful and how to respond appropriately

Evidence Outcomes	21st Century Skills and Readiness Competencies
<p>Students can:</p> <ul style="list-style-type: none">a. Understand why it is wrong to tease othersb. Identify why making fun of others is harmful to self and othersc. Describe the difference between bullying and teasingd. Explain what to do if you or someone else is being bullied	<p>Inquiry Questions:</p> <ul style="list-style-type: none">1. How does the old saying, "walk a mile in the other person's shoes" apply to teasing and bullying?2. If it's just "making fun" then how can it be harmful?
	<p>Relevance and Application:</p> <ul style="list-style-type: none">1. A number of professionals can help when someone is being bullied or teased, including but not limited to counselors, psychologists, police, or trusted adults.
	<p>Nature of Health:</p> <ul style="list-style-type: none">1. Tolerance, appreciation, and understanding of diversity are important skills to learn and practice.

Content Area: Comprehensive Health and Physical Education

Standard: 4. Prevention and Risk Management in Health

Prepared Graduates:
➤ Apply personal safety knowledge and skills to prevent, and treat unintentional injury

Grade Level Expectation: Second Grade

Concepts and skills students master:
4. Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation

Evidence Outcomes	21st Century Skills and Readiness Competencies
<p>Students can:</p> <ul style="list-style-type: none">a. Demonstrate how to make a decision to call 911 or other emergency numbers for helpb. Demonstrate verbal and nonverbal ways to ask an adult for help about an emergencyc. Demonstrate effective refusal skills to avoid unsafe situationsd. Describe the use of safety equipment for specific activities and sports such as biking, skateboard, riding a scooter and inline skatinge. Identify ways to reduce or prevent the risk of injuries around water	<p>Inquiry Questions:</p> <ul style="list-style-type: none">1. How do I know when to call 911?2. What do individuals do when they need to communicate and they cannot speak?3. What are the decisions made by emergency workers?4. What happens if a player does not wear a helmet or kneepads?5. Why is it important to be careful around water?6. Why do lifeguards say "walk don't run" at swimming pools? <p>Relevance and Application:</p> <ul style="list-style-type: none">1. Ambulance personnel are skilled at considering situations from a variety of aspects.2. Young people often get trained to perform CPR or other forms of resuscitation.3. Injury prevention requires preparation and communication.4. Coast Guard and lifeguards are equipped to prevent and provide help in a water safety situation.5. A 911 operator is trained to send help in an emergency and provide help over the phone.6. Safety equipment, such as helmets, knee pads, and life jackets, exist to help prevent unintentional injuries. <p>Nature of Health:</p> <ul style="list-style-type: none">1. Personal strategies can be learned to develop and enhance healthy behaviors and to avoid, reduce, and cope with unhealthy, risky, or potentially unsafe situations.