

## Grade Two

Students in grade two continue to learn about the basic structures and functions of the human body systems. Focusing on preventing illness and disease, the students begin to understand the relationship between health behaviors, choices, and consequences. They learn about the factors that influence health decisions, the harmful effects of drugs, and how to communicate consideration and respect for others.

### Knowledge and Skills

- 2.1 The student will identify the major body systems and explain their connection to personal health. Key concepts/skills include
  - a) the cardiovascular system;
  - b) the digestive system;
  - c) the skeletal system;
  - d) the muscular system;
  - e) the nervous system.
- 2.2 The student will explain that personal health decisions and health habits influence health and wellness throughout life. Key concepts/skills include
  - a) how food choices contribute to a healthy lifestyle;
  - b) the harmful effects of drugs, alcohol, and tobacco;
  - c) the need for regular health check-ups and screenings;
  - d) the importance of learning and using refusal skills to make good decisions;
  - e) the use of nonviolent strategies to resolve conflicts.
- 2.3 The student will describe the influences and factors that impact health and wellness. Key concepts/skills include
  - a) heredity;
  - b) the environment;
  - c) germs and diseases;
  - d) different customs and traditions;
  - e) self-image related to personal success;
  - f) disappointment, loss, grief, and separation.

### Information Access and Use

- 2.4 The student will recognize the influence that health resources and professionals have on personal health. Key concepts/skills include
  - a) health care professionals, resources, and services;
  - b) emergency services;
  - c) print, audiovisual, and electronic media.

### Community Health and Wellness

- 2.5 The student will demonstrate ways to communicate consideration and respect for the health of individuals in the community. Key concepts/skills include
  - a) the impact of verbal and nonverbal aggressive behaviors;
  - b) the effects of personal health decisions on other individuals.