

CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

Health

Grade 2

Date of Board Approval: **January 19, 2012**

CARLISLE AREA SCHOOL DISTRICT

PLANNED INSTRUCTION COVER PAGE

Title of Course: Health Subject Area: Health Grade Level: Second

Course Length: (Semester/Year): Year Duration: 45 minutes Frequency: Once every two 6 day cycles

Prerequisites: Not Applicable Credit: Not Applicable Level: Not Applicable

Course Description/Objectives: The district shall provide for attainment of the academic standards per Chapter 4, Section 4.12. Each student shall demonstrate proficiency in the following area: concepts of health; healthful living; and safety and injury prevention.

Major Text(s)/Resources: None

Curriculum Writing Committee:

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Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Identify personal space as the space within your circle. Identify playground rules. Following proper rules keeps us safe. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Identify emergency situation as dangerous situations requiring the help of an adult. Distinguish between an emergency and a non-emergency. 		
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> Summarize playground rules. Explain dangerous activities while on playground equipment. 		
10.5.3A Recognize and use basic movement skills and concepts.	<ul style="list-style-type: none"> Describe your personal space and general space. 		
No applicable standard	<ul style="list-style-type: none"> Identify general space as space as space outside your circle. 		

Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Know traffic laws. • Understand traffic signs. • Identify safe bike riding rules. • Know pedestrians right of way. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • List steps in performing a bike safety check. • Follow proper rules when riding a bicycle and staying safe. 		
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> • Identify and list the important traffic signs for bike safety. • Describe safe bike riding. • List proper components in a bicycle check. 		

Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.2.3C Identify media sources that influence health and safety.	<ul style="list-style-type: none"> Identify trusted adults who can help you in an emergency. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.2.3E Identify environmental factors that affect health.	<ul style="list-style-type: none"> Home safety plan: identify poisons in the home. Explain what to do when finding medicines in the home. Identify poisons in the house. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Know how to communicate during an emergency. Identify home emergencies. Know when and how to call 911. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Develop a fire safety plan for your house. Identify ways to prevent fires. Identify emergency plan in the event of a fire. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Identify a family meeting place. Use stop, drop and roll when in a house fire. Identify fire safety rules. 		

Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Following proper home rules keeps us safe. Develop an emergency plan. List fire safety skills to keep us safe. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Demonstrate stop, drop, and roll. Explain where to meet in case of a fire. Practice how to call 911 and summarize what you would say. 		

Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Know what safety measures to take when home alone. Know what safety measure to take when walking home from school. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.3.3A Recognize safe and unsafe practices in the home, school and community.	<ul style="list-style-type: none"> Following stranger safety rules keep us safe. Recognize unsafe situations. 		
10.3.3B Recognize emergency situations and explain appropriate responses.	<ul style="list-style-type: none"> Identify what to do if a stranger approaches you. 		
10.3.3C Recognize conflict situations and identify strategies to avoid or resolve.	<ul style="list-style-type: none"> Role play situations with stranger danger. 		

Unit: Safety		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> List sun protection methods. Identify what you need to do if you become dehydrated. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
No applicable standard	<ul style="list-style-type: none"> Sun has harmful rays. Sun has healthful benefits. The sun can be both helpful and harmful. 		

Unit: Drug and Alcohol		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Know how to use medicine safely. Know how to read medicine labels. Drugs can be both helpful and harmful. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Know that drugs can alter the body and create chemical dependency. 		
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> Describe the difference between prescription and over-the-counter drugs. Use medicine labels to identify and describe medicine warnings. 		
10.1.3D Know age appropriate drug information.	<ul style="list-style-type: none"> List how drugs affect the functioning of a family. 		
10.2.3B Identify health-related information.	<ul style="list-style-type: none"> Brainstorm a list of how the media influences our decisions to use or not use drugs. 		

Unit: Hygiene		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> Sneezing, coughing and blowing nose etiquette. Know how to care for your body. Knowing why getting enough sleep is important. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> Know how and why you keep teeth and hands clean. Explain in writing why it is important to get the proper amount of sleep. 		
10.1.3E Identify types and causes of common health problems of children.	<ul style="list-style-type: none"> Summarize how good personal hygiene prevents germs from spreading. 		
10.2.3A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> Know why it is important to brush and floss your teeth. Know the importance of regular dental check-up. 		
10.2.3A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> Dental hygiene, cleanliness and sleep are important for wellness. Review the proper hand washing techniques. 		

Unit: Hygiene		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.2.3A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.	<ul style="list-style-type: none"> • Demonstrate the proper tooth brushing and flossing techniques. • Write a rap/poem about hygiene. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	

Unit: Human Body		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> Differences between bones and muscles. Identify the digestion pathway in the body. Parts of the digestive system. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> Importance of the circulatory system. Your body is made up of parts that have specific functions. Explain how muscles move bones. 		
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> Compare and contrast bones from muscles. Describe the route food takes through the digestive system. 		
10.1.3B Identify and know the location and function of the major body organs and systems.	<ul style="list-style-type: none"> Label parts of the digestive system. Diagram the route blood takes through the body. 		
10.5.3B Recognize and describe the concepts of motor skill development using appropriate vocabulary.	<ul style="list-style-type: none"> Components of movement. 		

Unit: Nutrition		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Define serving size as the standard amount of food we should eat. Identify and know the food pyramid. Analyze healthy snacks and fast food choice. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Know how to eat a balanced meal with appropriate portions. Identify the correct portions of food on your plate. Making good food choices keep us healthy. 		
10.1.3C Explain the role of the food guide pyramid in helping people eat a healthy diet.	<ul style="list-style-type: none"> Identify five food groups. Discuss the benefits of each food group. Following the recommendations of the food pyramid and exercising regularly keeps the body healthy. 		
10.2.3B Identify health-related information.	<ul style="list-style-type: none"> Design a healthy bag lunch. List a variety of healthy snacks. 		
10.2.3C Identify media sources that influence health and safety.	<ul style="list-style-type: none"> Develop a healthy school lunch menu. 		

Unit: Nutrition		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.4.3A Identify and engage in physical activities that promote physical fitness and health.	<ul style="list-style-type: none"> Food pyramid and recommended exercise. Write a story that reinforces exercise as part of the pyramid. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	

Unit: Fitness/Wellness		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.3.3D Identify and use safe practices in physical activity settings.	<ul style="list-style-type: none"> Identify components of a proper work-out. Demonstrate proper stretching and explain its benefits. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	
10.4.3A Identify and engage in physical activities that promote physical fitness and health.	<ul style="list-style-type: none"> Identify the importance of sleep. Explain why proper rest is necessary. 		
10.4.3B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	<ul style="list-style-type: none"> Being physically fit helps us to stay healthy. 		
10.4.3C Know and recognize changes in body responses during moderate to vigorous activity.	<ul style="list-style-type: none"> Know the impact of exercise on the hearts and lungs. Explain the benefits of exercise on the heart and lungs. 		
10.5.3A Recognize and use basic movement skills and concepts.	<ul style="list-style-type: none"> Identify different types of exercise. 		

Unit: Fitness/Wellness		Subject Area: Health	Grade: 2
PA Academic Standards	Performance Indicators	Assessment	
10.5.3D Identify and use principles of exercise to improve movement and fitness activities.	<ul style="list-style-type: none"> Develop goals for exercise. 	Teacher made tests and quizzes Curriculum-based assessments Demonstrations Performance assessments Portfolios Research papers Essays Oral presentations Multi-media presentations	

Adaptations/Modifications for Students with I.E.P.s

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

INSTRUCTION CONTENT

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

SETTING

- Preferential seating

METHODS

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

MATERIALS

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)