

**Course Name: Grade 2 - Health**

**Course #: E8202**

**Course Proficiencies:** The following list of proficiencies describes what students are expected to know and be able to do as a result of successfully completing this course. The proficiencies are the basis of assessment of student achievement. The learner will demonstrate the ability to:

**Personal Growth and Development**

- A. Define wellness and identify self-care practices that support good hygiene. 2.1.PGD.3
- B. Identify what it means to be responsible and list personal responsibilities. 2.1.2.EH.2
- C. Explain healthy ways of coping with stressful situations. 2.1.2.EH.5
- D. Identify different body parts using medically correct terminology and explain how body parts work together to support wellness. 2.1.2.PGD.4; 2.1.2.PGD.5
- E. All living things may have the capacity to reproduce. 2.1.2.PP.1; 2.1.2PP.2

**Alcohol, Tobacco, and Other Drugs**

- A. Discuss how tobacco affects the health and safety of individuals. 2.3.2.ATD.3
- B. Explain that an individual who has difficulty controlling their use of alcohol, tobacco, and other drugs can get help. 2.3.2.DSDT.1; 2.3.2.DSDT.2

**Social and Emotional Health**

- A. Every individual, regardless of gender-role stereotypes, has unique skills and qualities, which can include the activities they enjoy such as dress, mannerisms, and things they like to do. 2.1.2.SSH.2
- B. Determine the factors that contribute to healthy relationships within a family. 2.1.2.SSH.4

**Personal Safety**

- A. Define situations pertaining to bullying, teasing, and/or child abuse that may be uncomfortable or dangerous and explain why they are wrong and harmful. 2.1.2.SSH.9; 2.3.2.PS.7
- B. Develop the awareness of warning symbols and their meaning. 2.3.2.PS.4

**Community Health Services and Support**

- A. Determine where to access home, school, and community health professionals. 2.1.2.CHSS.2
- B. Describe how climate change affects the health of individuals, plants, and animals. 2.1.2.CHSS.4