

# Georgia Performance Standards

## Health Education

### **SECOND GRADE**

*Students in second grade learn about growth and development throughout life as well as about body systems. They learn to compare and contrast healthy and unhealthy practices. Skill building continues as students learn to apply the knowledge of health-risk reduction to the promotion of health. Students access valid information and begin to understand the relationship between personal and community health.*

**HE2.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Description:** Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Second grade students will identify concepts related to healthy behaviors and disease prevention.

#### **Elements:**

**a. Recognize that there are multiple dimensions of health.**

Examples:

- Explain the relationship between feelings and behaviors.
- Describe the difference between behaviors that enhance your physical and mental health.

**b. Describe ways to prevent the spread of communicable diseases.**

Examples:

- Describe the relationship between germs and communicable diseases.
- Identify food safety precautions.

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**HE2.2:** Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Second grade students will identify and discuss internal and external factors that influence their personal health.

### Elements:

**a. Discuss how the family influences personal health practices and behaviors.**

Examples:

- Discuss the importance of each family member in promoting healthy lifestyles.
- Discuss the importance of family rules and the consequences that can occur from not following established rules.

**b. Describe how the media can impact health behaviors.**

Examples:

- Describe how advertisements can influence food choices.
- Explain how television viewing can decrease an individual's level of physical activity.

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**HE2.3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Description:** Students will access valid health information and health-promoting products and services. Second grade students will identify trusted adults, health care professionals, and school and community individuals who can help enhance their health.

### Elements:

**a. Identify trusted adults and professionals who can help promote health.**

Examples:

- Identify adults with whom students can discuss their feelings.
- Identify people who can provide accurate information about safety.

**b. Identify ways to locate school and community health helpers.**

Examples:

- Identify adults and professionals who help to promote regular physical activity.
- Identify community individuals that would encourage you to “Just Say NO” to illegal drugs.

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**HE2.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Description:** Students will use effective communication skills to enhance personal, family, and community health. Second grade students will demonstrate the ability to identify verbal and non-verbal communication skills as a way to reduce or avoid conflict.

### Elements:

**a. Demonstrate healthy ways to express needs, wants, and feelings.**

Examples:

- Demonstrate how to express feelings to prevent conflict from starting.
- Demonstrate empathy for others.

**b. Demonstrate listening skills to enhance health.**

Examples:

- Show how body language and eye contact can enhance communication.
- Demonstrate techniques of effective listening.

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**HE2.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Description:** Students will use decision making skills to identify, apply, and maintain health-enhancing behaviors. Second grade students will utilize their knowledge of health-related situations to describe how they will make a health-enhancing decision.

### Elements:

**a. Describe a health-related situation.**

Examples:

- Describe what to do when a student feels scared or frightened.
- Explain how to say no to peer pressure to use drugs and alcohol.

**b. Identify health-related situations when assistance is needed.**

Examples:

- Identify what to do if someone is ill or injured and in need of assistance.
- Describe what to do if someone is being bullied.

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**HE2.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Description:** Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Second grade students will implement actions needed to achieve a short-term personal health goal. They will also explain how others can assist them in meeting their health goals.

**Elements:**

**a. Implement actions to achieve a short-term personal health goal.**

Examples:

- Identify safe ways to ride in a vehicle.
- Set a time limit on the amount of television programming and video games per week.

**b. Identify individuals who can assist in helping achieve a personal goal.**

Examples:

- Describe how individuals can help students reach their dietary goals.
- Identify people in the school who can assist students in achieving their fitness goals.

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**HE2.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Second grade students will practice healthy behaviors to prevent injuries, diseases, and disorders.

### Elements:

**a. Demonstrate healthy practices and behaviors to maintain or improve personal health.**

Examples:

- Design a meal based on the food guide pyramid.
- Participate in a role play on how to resist peer pressure to violate family or school rules.

**b. Demonstrate behaviors that avoid or reduce health risks.**

Examples:

- Describe ways to prevent transmission of head lice.
- Create a poster showing safety gear used when bicycling.

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**HE2.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Second grade students will demonstrate healthy behaviors to encourage others to practice healthful behaviors.

### Elements:

**a. Make requests to promote health and wellness.**

Examples:

- Request foods that build strong teeth or keep teeth healthy.
- Ask a family member to play an activity outside.

**b. Encourage peers to make positive choices.**

Examples:

- Design a poster encouraging peers to avoid unhealthy behaviors.
- Role-play situations in which two students show respect for each other by using respectful words and actions.