**2nd – 3rd Health Lesson Schedule**

1. HealthTeacher.com lesson (HT): (GoNoodle is a free resource)
2. Read aloud Health Book (B)

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| **Unit** | **Week** | **2nd Grade** | **3rd Grade** |
| **Unit 1**  Topic: **Mental & Emotional Health**  \*Please meet with your building counselor to discuss possible co-teaching | 1 | HT – I’m Unique (1, 2, 3 if time allows, 4)  B - Friendliness | HT – Family Connections (1, 2, 3 , 4)  B - Dealing With Feeling Caring |
| 2 | HT – People We Admire (1, 2 if time allows, 3, 4)  B - Respect | HT – Feelings (1, 2, 3, 4)  B – Dealing With Feeling Angry |
| 3 | HT – How to Listen (1, 2)  B - Caring | HT – Speak Up to Stop Bullying (1 interactive video)  B – Why Are You Picking On Me? Dealing with Bullies |
| 4 | HT – How to Listen (3, 4)  B - Politeness | HT – Speak Up to Stop Bullying (2 Finish a Story) |
| 5 | HT - Conflict Resolution (1, 2, 3)  B - Tolerance | HT – Breathe Deeply, Be Calm (Session 1)  B – Dealing with Feeling Worried |
| 6 | HT - Conflict Resolution (4, 5)  B - Forgiveness | HT – Breathe Deeply, Be Calm (Session 2)  B – Dealing with Feeling Sad |
| **Optional – Enrichment Lessons / Books** | B – Dealing with Feeling Happy  B – Dealing with Feeling Shy  B – Sportsmanship  B – Peacefulness | HT – Friends  B – Consideration  B – Dealing with Feeling Jealous  B – Dealing with Feeling Proud  B - Honesty |
| **Unit 2**  Topic:  **Physical Activity, Injury Prevention, Anatomy** | 7 | HT -Physical Activity is Good for Me (1, 2, 3, 4)  B – Stamina: Get Stronger and Play Longer! | HT – Influences on Activity (1, 2, 3, 4, 5, 6) |
| 8 | HT– Play Safe (1, 2, 3 if possible)  B – Staying Safe on the Playground | HT – Warm Up and Cool Down (1, 2 if possible, 3, 4)  B – Flexibility: Stretch and Move Farther! |
| 9 | HT – How You Can Prevent Fires (1, 2, 3, 4)  B – Fire, Fire said Mrs. McGuire | HT - Keep Away from Poisons |
| 10 | HT – Stop, Drop, and Roll (1, 2, 3, 4)  B – No Dragons for Tea: Fire Safety for Kids (and Dragons) | HT – Staying Safe (1, 2)  B – What if a Stranger Approaches You |
| 11 | HT – Use Your Head, Use Your Helmet (1, 2, 3)  B – Safety Basics | HT – Staying Safe (3, 4)  B – We Can Stay Safe |
| 12 | HT – Staying Safe around Electricity | HT – Getting Help (1, 2, 3) |
| 13 | HT – The Bossy Brain (1, 2, 3, 4: overview) | HT – The Beat Goes On (1, 4) |
| 14 | HT – Building Better Bones (1, 3) | HT – Pump Them Up! (Focus on 2 and 3) |
| **Optional – Enrichment Lessons / Books** | B - Speed: Get Quick!  B – Fire Safety  B – Playing Safely  B – Brain  B – Your Brain  B – A Tour of Your Nervous System  B – Your Bones  B – The Nervous System  B – The Skeletal System – Human Body Systems  B – The Skeletal System – Early Bird | B – Coordination: Catch, Shoot, and Throw Better!  B – Staying Safe  HT – Follow Your Food  HT – Breathe In, Breathe Out  B – Strength: Build Muscles and Climb High!  HT – Treating Minor Wounds and Burns  B – A Tour of Your Muscular and Skeletal Systems |
| **Unit 3**  Topic: **Nutrition, Personal & Consumer Health** | 15 | HT – Healthy Habits (1 if possible, 2, 3, 4)  B – Healthy Snacks, Healthy You! | HT – Nutrients and Food Groups (1, 2)  B – The Delicious Dairy Group |
| 16 | HT – I Will Eat Breakfast (1 interactive video, 2 story discussion) | HT – Nutrients and Food Groups (3, 5)  B – The Fantastic Fruit Group  B – The Incredible Vegetable Group |
| 17 | HT – Favorite Foods (1, 2 survey at home or recess)  HT – Our Bodies Need Water (1, 2, 4) | HT – Choosing Nutrient-Rich Snacks (1 interactive video, 2 class discussion, steps 1, 2, 4) |
| 18 | HT – Favorite Foods (3, 4)  HT – Our Bodies Need Water (5)  Storing foods week 19 – let fruit sit out prior to lesson | HT – Food Labels (1, 2, 3)  B – The Powerful Protein Group |
| 19 | HT – Storing Foods | HT – Food Packages (1, parts 2 & 3 if time allows)  B – The Great Grains Group |
| 20 | HT – I Need Sleep (1 interactive video, 2 article discussion)  B – Sleep Well: Why You Need Rest | HT – Care of Eyes and Ears (1, 2)  B – Taking Care of My Eyes  B – Taking Care of My Ears |
| 21 | HT – Yikes, Lice! (1, 2, 3, 5, 6)  B – You Have Head Lice! | HT – Get Ready to Test Best (1 interactive video, 2 article discussion: Dear HealthTeacher: Am I Ready for Tests? |
| 22 | HT – Dental Care (1, 2, 3, 4) | HT – Safe in the Sun  B – Staying Safe in the Sun |
| **Optional – Enrichment Lessons / Books** | B – Getting Rest  B – Your Teeth  B – Teeth  B – Taking Care of My Teeth  B – Eating Well  B – Caring for Your Teeth  B – Brush Well: A Look at Dental Care  HT – What’s On My Plate | B – Having an Eye Test  B – Having a Hearing Test  HT – Well-care Visits  HT – The Fruit Group |
| **Unit 4**  Topic: **Community & Environmental Health** | 23 | HT - The Environment and the Community  B – What Can we Do about Pollution? | HT – Ready to Recycle!  B – What Can We Do About Trash and Recycling? |
| 24 | B – Exploring Our Impact on the Environment  B – Our Earth: Helping Out | HT – Reusing Waste Materials  B – Our Earth: Making Less Trash |
| 25 | B – What Can We Do About Endangered Animals?  B – Food | B – Energy  B – Our Earth: Saving Energy |
| 26 | B – Our Earth: Saving Water  B - Water | B – What Can We Do About the Energy Crisis? |
| 27 | B – What Can We Do About Acid Rain? | B – Our Earth – Clean Energy |
| 28 | B – What Can We Do About Global Warming? | B – What Can We Do About Deforestation? |
| 29 | B – What Can We Do About Oil Spills and Ocean Pollution? | B – What Can We Do About Toxins in the Environment? |
| Optional – Enrichment Lessons / Books |  | B – glass  B – Metal  B – Paper  B - Plastic |
| **Unit 5**  Topic:  **Family Health & Sexuality**  \*Please meet with the school counselor and school nurse to discuss possible co-teaching. | 30 | HT – Responsibility  B – Where the Sidewalk Ends | HT – Growth and Development (1, 2, 3)  B – My Body |
| 31 | HT – Responsibility (1, 2)  B – I am a Good Citizen | HT – Growth and Development (4, 5)  B – The Cycle of Your Life |
| 32 | B – Responsibility (4, 5) | B – How Your Body Works |
| 33 | B - Being Trustworthy: A Book About Trustworthiness | B - What Should I Do? Making Good Decisions |
| Optional – Enrichment Lessons / Books |  |  |
| **Unit 6**  Topic: **Tobacco, Alcohol & Other Drugs** | 34 | HT – You Can’t Tell By Looking  B - Alcohol | HT - Drugs and Goals Don’t Mix (3, 4, 5, 6, 7)  B - Drugs |
| 35 | HT – Over-the-Counter and Prescription Medicines (1, 2, 3, 5, 6)  B – Taking Medicine | HT – My Incredible Machine  B – I Said No! Refusal Skills |
| 36 | HT – Be Smart, Don’t Start  B - Tobacco | HT – Real Friends Protect Us  B – Peer Pressure |
| Optional – Enrichment Lessons / Books | HT – Looking at Medicine Labels (Personal & Consumer Health) |  |

* *Please mark* ***“I Taught This”*** *after lesson is complete.*
* *Please conserve paper! – Many steps that request to print out one copy per student may be completed in the large group together electronically.*