

HEALTH SERIES OVERVIEW

FOR SKILLS-BASED HEALTH EDUCATION



TULSA HEALTH
Department
School Health Program

2nd Grade

Oklahoma Health Standards

1. Define a trusted adult (1.HR.2.1)
2. Identify the regular amount of physical activity for children (1.PA.2.1)
3. Describe a variety of ways to be physically active (1.PA.2.2)
4. Describe the benefits of being physically active (1.PA.2.3)
5. Identify trusted adults and professionals who can help promote health (3.AC.2.1)
6. Locate school and community health helpers (3.AC.2.2)
7. Identify situations that need health related decisions (5.DM.2.1)
8. Describe when help is needed and when it is not to make a healthy decision (5.DM.2.2)
9. Identify practices that prevent or reduce health risks (7.SM.2.1)
10. Demonstrate healthy practices and behaviors to maintain or improve personal health (7.SM.2.2)

Health Behavior Outcomes

PA-1: Engage in moderate to vigorous physical activity for at least 60 minutes every day.

Lesson Objectives

By the end of this lesson students will be able to:

Accessing Information

- Identify trusted adults at home, in school, and in the community, who can help promote health.
- Ask for help if they have questions about their health.

Decision Making

- Describe the benefits of being physically active.
- Identify safe grownups who can help them learn information about their health.

Self-Management

- Describe the benefits of physical activity.
- Demonstrate appropriate ways to achieve 60 minutes of physical activity a day.

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