


2nd Grade American Online School

HEALTH EDUCATION CURRICULUM

Knowing Myself, Staying Safe, and Feeling Strong



Version May/2025

1. Introduction

The Role of Art Education in 2nd Grade

In 2nd grade, health education helps students explore who they are, how to care for their bodies, and how to make safe choices. Students learn about physical and emotional well-being, the importance of hygiene and healthy eating, and how rules protect us. The goal is to empower learners to express their needs, form positive habits, and grow into self-aware, respectful, and resilient individuals.

By the end of this course, students will:

- ✓ Recognize and celebrate their personal traits, emotions, and strengths.
 - ✓ Identify healthy food groups and practice making balanced meal choices.
 - ✓ Demonstrate proper dental care and understand its importance.
 - ✓ Understand rules and safety routines at home, school, and in public spaces.
 - ✓ Practice expressing emotions, asking for help, and staying safe.
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2. Core Competence Areas

HE.1 Self-Awareness and Identity – “This is Me”

Learning Outcomes

By the end of this course, students will be able to:

- ✓ Describe personal strengths, preferences, and emotions.
- ✓ Express what makes them unique and important.
- ✓ Understand how to recognize and talk about feelings.

Competencies

HE.1.A.1 – Exploring identity and confidence

- Create “All About Me” posters with hobbies, families, and dreams.
- Describe positive traits and recognize talents in themselves and others.

HE.1.A.2 – Building emotional literacy

- Use emotion charts and “feeling faces” to name and talk about emotions.
- Role-play calming strategies and respectful communication.

HE.2 Nutrition and Healthy Eating – “Healthy Food”

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Identify food groups and balanced meal components.
- ✓ Choose healthy snacks and explain why they help the body.
- ✓ Recognize the importance of hydration.

Competencies

HE.2.A.1 – Learning how food fuels the body

- Build “MyPlate” charts and sort foods by category.
- Track meals with class food logs or lunchbox planners.

HE.2.A.2 – Making healthy food choices

- Create a rainbow food chart and smoothie recipe book.
 - Understand sugar and processed food awareness.
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HE.3 Personal Hygiene – “Dental Health”

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate brushing and flossing techniques.**
- ✓ **Understand the connection between diet and oral health.**
- ✓ **Practice daily routines for clean and healthy bodies.**

Competencies

HE.3.A.1 – Practicing proper dental care

- Use large models or puppets to brush and floss.
- Track “Toothbrushing Stars” on a weekly chart.

HE.3.A.2 – Promoting cleanliness and care

- Discuss germs, handwashing, and hygiene habits.
 - Watch videos or create songs for remembering routines.
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HE.4 Safety and Responsibility – “Rules and Safety”

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Follow classroom and home safety rules.**
- ✓ **Recognize safe vs. unsafe situations and how to respond.**
- ✓ **Understand the role of trusted adults in staying safe.**

Competencies

HE.4.A.1 – Understanding rules and their purpose

- Discuss why rules exist and create class rule posters.
- Use classroom scenarios to talk about “What would you do?”

HE.4.A.2 – Practicing safe behaviors in daily life

- Learn road safety, stranger awareness, and emergency basics.
 - Role-play safe practices at recess, the bus stop, or while biking.
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3. Assessment and Evaluation

Formative Assessments – Daily Reflections and Check-Ins

- ✓ Emotion cards and mood meter check-ins.
- ✓ Healthy snack charting.
- ✓ Personal hygiene goal tracking.

Summative Assessments – Creative and Demonstrative Work

- ✓ “Healthy Me” portfolio with self-drawings, food maps, and safety pledges.
- ✓ Dental hygiene video project or poster.
- ✓ Group safety skit performance.

Authentic Assessment – Everyday Application

- ✓ Student-led routine presentations (e.g., “How I Get Ready for School”).
 - ✓ Class Health Day celebration with stations and journals.
 - ✓ Monthly “Health Hero” recognition based on effort and modeling.
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4. Instructional Strategies for Online Learning

Active Participation and Roleplay

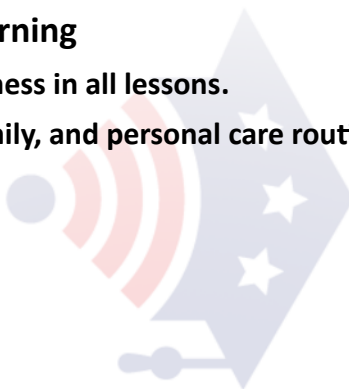
- ✓ Use music, movement, and puppetry to teach body care and feelings.
- ✓ Act out safety or hygiene routines to reinforce learning.

Visual and Creative Expression

- ✓ Integrate drawing, collage, and design into health reflections.
- ✓ Encourage sharing through health journals and group posters.

Supportive and Inclusive Learning

- ✓ Promote self-esteem and kindness in all lessons.
- ✓ Celebrate diversity in food, family, and personal care routines.



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