

# Health – Grade 2



Wellness Choices – Student will make responsible and informed choices to maintain health and to promote safety for self and others.

Personal Health:

- I can explain the effects of combining healthy eating and physical activity.
- I can determine safe and responsible use of medications.  
Safety and Responsibility
- I can describe and apply communication safety behaviours at home like answering the phone/door
- I can describe and apply safety rules when using physical activity equipment.

Relationship Choices – Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

- I can appreciate that the safe expression of feelings.
- I can express needs and seek support.

Life Learning Choices – Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

- I can demonstrate organizational skills.
- I can recognize that individuals have similar and different interests, strengths and skills.