

Health Scope and Sequence
2nd Grade

Lesson	Quaver Activities	TEKS
1st 9 Weeks		
August 14 - October 13		
UNIT 1: General Health		
1. My Health at Home	<ul style="list-style-type: none"> • My Health at Home 6-9 mins • Healthy Habits at Home 7-10 mins • My Health is Up to Me (song) 6-9 mins • Improving My Health at Home 5-8 mins • QLibs (My Health at Home) 6-9 mins 	2.C,
2. Influences at Home and School	<ul style="list-style-type: none"> • Influences at Home and School 6-9 mins • Tricks for Kids 7-10 mins • Get the Groceries (Gym Game) 6-9 mins • Healthy Choice Ads 5-8 mins • Train the Brain (Influences at Home and School) 6-9 mins 	3.D, 4.B, 7.A
3. Why Do I Need Healthy Help?	<ul style="list-style-type: none"> • Why Do I Need Healthy Help? 6-9 mins • Healthy Help in My Community 7-10 mins • Healthy Helper (Music Video) 6-9 mins • Why Get Healthy Help? 5-8 mins • This or That (Finding the Right Healthy Helper) 6-9 mins 	2.B, 5.A
4. Reducing Emergency-Causing Hazards	<ul style="list-style-type: none"> • Reducing Emergency-Causing Hazards 6-9 mins • Identify the Hazard 7-10 mins • Stronger and Safer (Gym Game) 6-9 mins • Emergency Prevention Sorter 5-8 mins • Quiz Challenge - 2 - General Health 6-9 mins 	9.A, 11.B, 11.C
UNIT 2: Social Behavior		
1. Asking For Help	<ul style="list-style-type: none"> • Asking For Help 6-9 mins • Life-Saver Flow Chart 7-10 mins • Everybody Needs a Little Help (Lyrics) 6-9 mins • Do They Need Help? 5-8 mins • Asking for Help (Reflections and Other Thoughts) 6-9 mins 	3.A, 3.E, 11.D
2. Qualities of A Good Friend	<ul style="list-style-type: none"> • Qualities of a Good Friend 6-9 mins • The Sun, the Star, and the Window (Story) 7-10 mins • Think Quick! (Qualities of a Good Friend) 6-9 mins • Lesson Mindset (Growing Stronger) 5-8 mins • Qualities of a Good Friend (Reflections) 6-9 mins 	3.E, 3.H, 4.A
3. Unsafe Suggestions by Friends	<ul style="list-style-type: none"> • Unsafe Suggestions by Friends 6-9 mins • What Is an Unsafe Suggestion? 7-10 mins 	10.A, 10.B

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> Freeze! Stop, Think, Block, Ignore, Tell 6-9 mins Set the Boundary 5-8 mins Unsafe Suggestions by Friends (Reflections and Other Thoughts) 6-9 mins 	
4. Bullies, Bystanders, and Victims	<ul style="list-style-type: none"> Bullies, Bystanders, and Victims 6-9 mins Bullying Roles 7-10 mins Bully, Bully Go Away (Lyrics) 6-9 mins The Four W's 5-8 mins Quiz Challenge-2- Social Behavior 6-9 mins 	13.A, 13.C, 16.B

2nd 9 Weeks
October 16 - December 20

UNIT 3: Responsible Decision Making

1. Problems Big and Small	<ul style="list-style-type: none"> Problems Big and Small 6-9 mins Two Kinds of Problems 7-10 mins Big or Small (Lyrics) 6-9 mins Solve the Problems 5-8 mins Problems Big and Small (Reflections and Other Thoughts) 6-9 mins 	3.B, 4.A, 4.B
2. Making Healthy Decisions	<ul style="list-style-type: none"> Making Healthy Decisions 6-9 mins Making Healthy Choices 7-10 mins All of These Choices (Lyrics) 6-9 mins Lesson Mindset (Growing Stronger) 5-8 mins Making Healthy Decisions (Reflections and Other Thoughts) 6-9 mins 	6.D, 8.B
3. Importance of Goal Setting	<ul style="list-style-type: none"> Importance of Goal Setting 6-9 mins Health Goals Road Map 7-10 mins Get Motivated (Lyrics) 6-9 mins Lesson Mindset (Importance of Goal Setting) 5-8 mins Importance of Goal Setting (Reflections and Other Thoughts) 6-9 mins 	4.B, 4.C
4. Unsafe Friend Requests Online	<ul style="list-style-type: none"> Unsafe Friend Requests Online 6-9 mins Playing Safely Online 7-10 mins Online Stranger Tag (Gym Game) 6-9 mins Stay Safe 5-8 mins Quiz Challenge - 2 - Responsible Decision Making 6-9 mins 	12.A, 12.B, 12.C

UNIT 4: Healthy Practices and Hygiene

1. Consequences of Poor Hygiene	<ul style="list-style-type: none"> My Hygiene Future (Hygiene Choices) 6-9 mins Hygiene Benefits 7-10 mins Feelin' Fresh Every Day (Music Video) 6-9 mins My Personal Hygiene Plan 5-8 mins Missing Habits 6-9 mins 	2.A, 2.C, 2.D
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Lesson	Quaver Activities	TEKS
2. Brushing and Flossing	<ul style="list-style-type: none"> Brushing and Flossing 6-9 mins Finish with Floss 7-10 mins Brush Your Teeth (Music Video) 6-9 mins Lesson Mindset (Growing Stronger) 5-8 mins Brushing and Flossing (Futurizations) 6-9 mins 	2.C
3. Enjoying Exercise	<ul style="list-style-type: none"> Enjoying Exercise 6-9 mins Enjoying Exercise (Exercise or Not?) 7-10 mins Move and Groove (Music Video) 6-9 mins My Favorite Exercises 5-8 mins Cool Down (Enjoying Exercise) 6-9 mins 	8.B
4. What Does Sleep Do for Me?	<ul style="list-style-type: none"> What Does Sleep Do for Me? 6-9 mins Benefits of Sleep 7-10 mins The Sleep Game 6-9 mins Lesson Mindset (What Does Sleep Do for Me?) 5-8 mins Quiz Challenge - 2 - Healthy Practices and Hygiene 6-9 mins 	2.C
3rd 9 Weeks January 9 - March 8		
UNIT 5: Mental Health and Wellness		
1. What My Feelings Mean	<ul style="list-style-type: none"> What My Feelings Mean 6-9 mins Real Feelings 7-10 mins I'm Not a Robot (Lyrics) 6-9 mins Teach the Robot 5-8 mins What My Feelings Mean (Reflections and Other Thoughts) 6-9 mins 	3.C, 5.B
2. My Personal Stressors	<ul style="list-style-type: none"> My Personal Stressors 6-9 mins Solve the Case 7-10 mins Stress Detective (Lyrics) 6-9 mins Stress Solutions 5-8 mins My Personal Stressors (Reflections and Other Thoughts) 6-9 mins 	5.B
3. Choosing a Growth Mindset	<ul style="list-style-type: none"> Choosing a Growth Mindset 6-9 mins Tug of Mindset 7-10 mins The Mindset Battle (Lyrics) 6-9 mins Mindset Blaster 5-8 mins Choosing a Growth Mindset (Reflections and Other Thoughts) 6-9 mins 	4.B
4. Identifying Strong Feelings	<ul style="list-style-type: none"> Identifying Strong Feelings 6-9 mins Strong Feelings Sort 7-10 mins Breathing Calms Me Down - Choreo Video 6-9 mins Lesson Mindset (Growing Stronger) 5-8 mins 	3.A, 3.F, 3.G

Lesson	Quaver Activities	TEKS
	<ul style="list-style-type: none"> Quiz Challenge 2- Mental Health and Wellness 6-9 mins 	
UNIT 6: Healthy Eating and Nutrition		
1. The Role of Vitamins and Minerals	<ul style="list-style-type: none"> The Role of Vitamins and Minerals 6-9 mins Major Vitamins and Minerals 7-10 mins Nutrients (Music Video) 6-9 mins Lesson Mindset (The Role of Vitamins and Minerals) 5-8 mins Food Sorter (The Role of Vitamins and Minerals) 6-9 mins 	6.A, 6.D
2. Reactions From My Food	<ul style="list-style-type: none"> Reactions From My Food 3-5 mins Positive and Negative Reactions 3-5 mins Reactions From My Food (Gym Game) 3-5 mins Reaction Actions 3-5 mins Reactions From My Food (Reflections and Other Thoughts) 3-5 mins 	6.A, 6.C, 8A
3. The Role Water Plays	<ul style="list-style-type: none"> The Role Water Plays 6-9 mins All About Water 7-10 mins Drink Your Water (Music Video) 6-9 mins Lesson Mindset (Growing Stronger) 5-8 mins The Role Water Plays (Reflections and Other Thoughts) 6-9 mins 	6.D
4. Reporting - Substances	<ul style="list-style-type: none"> Reporting 6-9 mins When to Report 7-10 mins Who to Report (Gym Game) 6-9 mins Too Much, Too Soon 5-8 mins Quiz Challenge - 2 - Healthy Eating and Nutrition 6-9 mins 	10.B, 11.A, 13.B, 14.B, 15.A, 16.A, 16.B, 17.A
4th 9 Weeks March 18 - May 23		
UNIT 7: Disease and Illness Prevention		
1. What Happens at the Doctor?	<ul style="list-style-type: none"> What Happens at the Doctor? 6-9 mins What Happens At the Doctor (Video Tour) 7-10 mins Checkup Circuit (Gym Game) 6-9 mins Doctors on Duty 5-8 mins Doctor, Doctor (What Happens at the Doctor?) 6-9 mins 	2.A
2. Introducing Disease Awareness	<ul style="list-style-type: none"> Introducing Disease Awareness 6-9 mins Ask a Doctor 7-10 mins Healthy America (Music Video) 6-9 mins Personal Prevention Practices 5-8 mins Symptom Sorting 6-9 mins 	2.E

Lesson	Quaver Activities	TEKS
3. Use and Misuse of Medications	<ul style="list-style-type: none"> ● Use and Misuse of Medications 6-9 mins ● Make the Healthy Choice 7-10 mins ● Medicine (Music Video) 6-9 mins ● Medication Choices 5-8 mins ● QLibs (Use and Misuse of Medications) 6-9 mins 	14.A
4. Dimensions of Health	<ul style="list-style-type: none"> ● Dimensions of Health 6-9 mins ● More Than One Dimension 7-10 mins ● Good Habits (Music Video) 6-9 mins ● Lesson Mindset (Growing Stronger) 5-8 mins ● Quiz Challenge - 2 - Disease and Illness Prevention 6-9 mins 	8.B
UNIT 8: Safety and Accident Prevention		
1. Playground Safety	<ul style="list-style-type: none"> ● Playground Safety 6-9 mins ● Problem-Solving Super-Gogs (Playground Safety) 7-10 mins ● Be Safe, Be Smart, Be Aware (Music Video) 6-9 mins ● Lesson Mindset (Growing Stronger) 5-8 mins ● Stay Safe At The Playground 6-9 mins 	9.A, 11.A.
2. My Five Senses	<ul style="list-style-type: none"> ● My Five Senses 6-9 mins ● Explore the Five Senses 7-10 mins ● Five Senses (Lyrics) 6-9 mins ● Protecting My Five Senses 5-8 mins ● My Five Senses (Reflections and Other Thoughts) 6-9 mins 	1.A
3. Strangers	<ul style="list-style-type: none"> ● Strangers 6-9 mins ● Safe and Unsafe Strangers 7-10 mins ● I Don't Talk to Strangers (Lyrics) 6-9 mins ● Stranger Smarts 5-8 mins ● Lesson Mindset (Strangers) 6-9 mins 	11.A
4. Spiders, Ticks, Mosquitoes, and Other Insects	<ul style="list-style-type: none"> ● Spiders, Ticks, Mosquitoes, and Other Insects 6-9 mins ● All About Spiders and Insects 7-10 mins ● Gonna Catch You (Gym Game) 6-9 mins ● Mosquitoes and Ticks 5-8 mins ● Quiz Challenge - 2 - Safety and Accident Prevention 6-9 mins 	2.F