

2nd Grade Health Pacing Guidelines

Health education will be offered the last two weeks of each trimester for a total of 350 minutes per trimester and 1050 minutes overall. You will have extra allotted minutes each trimester which allows you to expand upon lessons of interest or go over the estimated minutes per lesson.

1st Trimester (315 minutes)

Chapter	Lesson (s)	Lesson Minutes	Total Minutes
1: How Can I be Healthy?	3,4,6,7,8	15 minutes each	75 minutes
2: Getting Along	1,2,3,4,5,6,7,8	15 minutes each	120 minutes
3: Your Body	1,2,3,5,6,7,8,9	15 minutes each	120 minutes

2nd Trimester (255 minutes)

Chapter	Lesson (s)	Lesson Minutes	Total Minutes
4: Healthful Foods for You	1,2,3,4,7,8	15 minutes each	90 minutes
5: Keeping Clean and Fit	1,2,3,4,8	15 minutes each	75 minutes
6: Safety and You	5,6,7,11,15,16	15 minutes each	90 minutes

3rd Trimester (120 minutes)

Chapter	Lesson (s)	Lesson Minutes	Total Minutes
7: Medicines and Drugs and You	1,2	15 minutes each	30 minutes
8: Fighting Germs	1,2,3,4,6,7	15 minutes each	90 minutes