Section 2

Purpose

Section 2 introduces the concept of balancing food and physical activity in order to maintain a healthy weight, thus helping to prevent and manage diabetes. Information and videos on making healthy food choices and getting started with exercise are given in this section.

Standards Addressed in this Section

Physical Development and Health

Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

   a. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

   b. Analyze various movement concepts and applications.

   c. Demonstrate knowledge of rules, safety and strategies during physical activity.

Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.

   a. Explain the basic principles of health promotion, illness prevention and safety.

   b. Describe and explain the factors that influence health among individuals, groups and communities.

Science

Goal 12: Understand the fundamental concepts, principles and interconnections of life, physical and earth/space sciences.

Mathematics
Goal 6: Demonstrate and apply a knowledge and sense of numbers, including numeration and operations (addition, subtraction, multiplication, division) patterns, ratios and proportions.

Goal 7: Estimate, make and use measurement of objects, quantities and relationships and determine acceptable levels of accuracy.

**Language Arts Section**

Goal 1.A.ECa: Understand that pictures and symbols have meaning and that print carries a message.

Goal 1.C.ECb: Respond to simple questions about reading material.

Goal 2.B.EC: Show independent interest in reading related activities.

Goal 4.A.EC: Listen with understanding and respond to directions and conversations.

**Social and Emotional Development Section**

Goal 31.A.ECd: Show some initiative and independence in actions.

Goal 32.A.ECd: Use classroom environment purposefully and respectfully.

Goal 32.B.ECd: Develop relationship with children and adults.