

Elem PE/Health Virtual Learning



2nd Grade

April 13 - 17, 2020

2nd Grade PE/Health Lesson: April 13-17th

Learning Target: How to keep your Immune System strong.



Safety:

Be Safe and Be Supervised

As with all physical activities, make sure you find enough space to perform safely. Always ask parents for permission before performing any activities.

- **You will learn:**

- What an immune system is
- **Healthy Habits** to keep your immune system strong
- How you can prevent the spread of germs

- **Let's Get Started:**

- Click on 



Video recap: In the video Chloe's immune system was being attacked by germs. These were some of the steps to help her get well faster.

The follow recommendations are for 7 - 8 year olds.



1.

Sleep 10-11 hours
(more if you are sick)



2.

Hydrate - H₂O
5 + glasses/daily




3.

Eat healthy meals
& snacks

? - To keep from getting sick what else do you need to do besides: sleep, drink water and eat healthy meals?

ANSWER

 To keep a strong immune system you also need to be **physically active** and have a **positive attitude**.




An Attitude of Gratitude

Activity: Exercising daily to strengthen your immune system is a **HEALTHY HABIT**. Do steps 1 - 4.

1. Drink a glass of water before you start.



2. Work Out Video click here  [HSTV FitKids](#)

3. Go wash your hands

Click here  [Proper Hand Washing Video](#)


4. When hands are washed, get a healthy snack. Read the next page while eating your snack.

Great workout!

*You are
probably a
little hungry
and thirsty.*



Prevent spreading of germs:

- ❑ Handwashing is important to control the spread of germs.
- ❑ Germs from unwashed hands can easily be spread to objects like handrails, table tops or toys.
- ❑ Germs attack our body (usually through our eyes, nose, and mouth) causing illness and infection.
- ❑ Cover your mouth with your elbow  when you sneeze or cough.

Self Check: What body system was this lesson about?

Muscular or Skeletal or Immune or Circulatory or Digestive

List 5 Healthy Habits you can do to strengthen this system.

- Go tell a parent your answers.

Was this lesson?

- easy,
- just right
- hard

