

# **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:

- $\circ$  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.



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





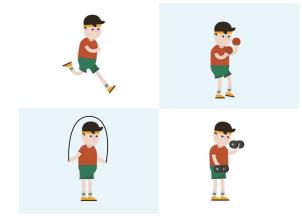
2. Hydrate - H₂0 5 + glasses/daily

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.**





**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 <u>HSTV FitKids</u>
- 3. Go wash your hands Click here Proper Hand Washing Video

Great workout! You are probably a little hungry and thirsty.



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

#### 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.

