

MOVE It

2nd grade

30 minute Classroom Program \$6 Per Child

60 minute Classroom Program \$7 Per Child

This program, which features the five food groups, keeps muscles moving, hearts pumping, and lungs breathing as kids learn about the benefits of healthy eating, staying active, and getting enough sleep.

90 or 120 minute Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

MOVE IT meets the following Mississippi State Health Competencies and ELA Common Core Standards:

Mississippi State Health Competencies

- Competency 1:** Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1
Sub-Competencies:
- Identify how dietary habits affect health.
 - Discuss ways to prevent injury.
- Competency 2:** Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2
- Competency 3:** Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3
- Competency 5:** Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5
Sub-Competencies:
- Explain the potential results of making positive and negative health choices (e.g., accidents, nutrition, physical activity, drug use, smoking, and bullying)

(continued)

HealthWorks!
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State Health Competencies (continued)

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7

Sub-Competencies:

- Explain ways family members work together to obtain and maintain healthy behaviors.

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

Personal Health and Consumer Health (PH, CH) Nutrition and Fitness (N)

Mental Health (M)

Substance Abuse Prevention (SA)

Family/Social Health (F)

Community and Environmental Health (C)

Human Growth and Development (H)

Safety and First Aid (S)

Disease Prevention and Control (D)

National Health Education Standards (NHES)

ELA Common Core

Writing Standards

W.2.8 Recall information from experiences or gather information from provided sources to answer a question.