UNIT OF INQUIRY: Who We Are

HEALTHY BODY
HEALTHY MIND
HEALTHY SPIRIT

CENTRAL IDEA:
A balanced lifestyle is influenced by the choices people make.

Lines of Inquiry
- What it means to have a healthy and balanced lifestyle
- Spiritual, social and physical health (mind, body, spirit)
- Making healthy food choices

Concepts
- Causation
- Connection

Attitudes
- Empathy
- Tolerance

Grade 2

Action
Action in the PYP is initiated independently by the student as a result of the learning process. Action may be bringing a book or artefact related to the inquiry to school, or student initiated drawings/posters/research. We celebrate our students’ ACTION every day in our classrooms. If you see your children taking independent action at home encourage them to share their action with their class.

Skills
- Collecting, organizing and recording data.
- Interpreting the data collected.

During this Unit the students will brainstorm and discuss various types of recreation, exercise and nutrition. They will also design a healthy lunch box and try out a variety of exercises and relaxation techniques such as meditation and deep breathing.

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