

PHYSICAL EDUCATION - GRADE 2

Practicing skills to become lifelong movers

Our program emphasizes the holistic well-being of every student. We strive to create a safe and inclusive environment for all, enabling children to develop healthy relationships, take ownership of their learning experience, and reflect on their actions. The PE program promotes growth by allowing students every possibility to learn and explore the diverse aspects of movement in a non-traditional, fun, and engaging environment creating a community of learners with a growth mindset.



PE YEAR OVERVIEW AND UNITS

Grade 2 students experience a wide range of physical activities throughout the year. Our units are based on specific movement outcomes, which provide students with the foundational movement skills needed for successful participation in a variety of physical activities. Each unit addresses a grade-specific benchmark related to movement, understanding, and personal & social skills.

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ROTATION 1

Aesthetic Movement
Swim Safety

2

ROTATION 2

Hand-Eye Coordination
Swim Technique

3

ROTATION 3

Striking with Implements
Pool Games

4

ROTATION 4

Foot-Eye Coordination
Chasing & Fleeing Games



MOVEMENT

Students will display competency in a variety of motor skills and movement patterns.



UNDERSTANDING

Students will demonstrate concepts, principles, strategies and tactics related to movement and performance.



PERSONAL & SOCIAL SKILLS

Students will demonstrate responsible personal and social behavior that respects self and others.

FREQUENTLY ASKED QUESTIONS

Frequency

Each Grade 2 class has a 40-minute PE session every other day. Classes rotate between Mr. Andrew & Ms. Taylor each month.

Attire

Students must come to PE with trainers (close-toed), athletic shorts/trousers, and long hair pulled back. For swim class, students need a swimsuit, goggles, towel, long hair pulled back, & swim cap (optional).

Participation

If a student is unwell, they should stay at home to rest and recover. If a student feels well enough to come to school, they are expected to participate in PE class. Class activities will be modified for students who are injured or experiencing any type of limitation, so every student will be able to learn and contribute in every PE class.

How can we support the learning at home?

Get active together! We recommend early morning walks and jogs as a family, as well as weekend trips to parks, playgrounds, and forests. Ask your child what skills and movements they are working on in PE and we invite you to continue to build upon and practice these outside of school.

What are some articles you recommend?

What Happens When Students Run for 15 minutes Each Morning?

Read about the amazing benefits of engaging in daily morning movement.

How can PE promote both movement and thinking skills?

“Teachers do not create learning, learners create learning, teachers create the conditions in which students learn” - Dylan Wiliam, 2006

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Ms. Taylor has been a PE teacher at ASL since 2022. She has taught in Primary and Secondary Schools in California, Ecuador and Belgium and is a certified Adapted PE Specialist.

Ms. Taylor loves dancing, traveling, hiking and trying new foods. Her favorite physical activities are dancing, yoga, snow boarding, biking and Ultimate.

Andrew has worked at ASL since 2018. He has taught in international schools in the Dominican Republic and DR Congo and is a National Board Certified Teacher licensed in K-6 classroom teaching, Health, & PE.

Andrew loves cooking, biking and Zumba dancing. His favorite physical activities are swimming, rock climbing, tennis, Ultimate and volleyball.

