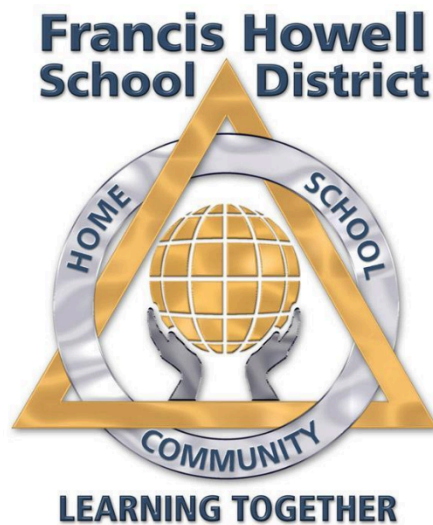


2nd Grade Physical Education & Health Curriculum



Board Approved

Elementary Physical Education & Health

2nd Grade

Unit Number, Title and Description	Essential Outcome(s) of Unit Students will be able to independently use their learning to....
Unit 1: Super Safe Second Grade During Super Safe Second Grade students will recognize safety procedures related to injuries and emergency situations. Students will demonstrate independence, sportsmanship, and motor skills while participating in low organized games.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 2: Body Basics In the unit Body Basics, students will learn to take care of their bodies inside and out. The students will learn the components and the functions of the circulatory and respiratory systems while participating in low organized games.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 3: Spectacular Second Grade In Spectacular Second Grade Fundamentals students will continue to improve their manipulative skills. Students will participate in games that provide multiple chances to develop mastery in the fundamentals of different skills. They will also learn about the importance of food and medicine safety while discovering how the skeletal system keeps their bodies safe.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.

Unit 4: I Like to Move it Move it In I like to Move it Move it students will participate in activities that will allow them to move in a variety of pathways, speeds, directions, and levels. Students will participate in activities that will concentrate on balancing in their personal space and moving to music as they share general space.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 5: Nutrition and Fitness In the Nutrition and Fitness unit students will continue to understand the importance of making lifelong healthy choices for their bodies. Students will participate in locomotor movement games that explore food choices and healthy habits.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.
Unit 6: Protect Yourself In the Protect Yourself unit students will continue to learn about their five senses and how to protect their bodies from the environment. Students will learn to recognize breathing emergencies and how to seek help.	• Be citizens that apply the rules, strategies and appropriate behavior while engaging in physical activities. • Demonstrates competence in spatial awareness, combinations of manipulative, locomotor and nonlocomotor skills performed individually or with others. • Value the role that regular physical activity and nutrition plays in the pursuit of lifelong health and well-being.