

### STUDENT LEARNING GOALS

Students in second grade begin their progression toward locomotor skill patterns. They vary movement patterns and begin to combine skills in educational game, educational dance, and educational gymnastic activities. Progress is apparent in skill development and in understanding key elements of fundamental movement skills, including understanding movement concepts, health-related fitness concepts, and the benefits of physical activity. Students work cooperatively and responsibly in groups and are capable of resolving conflicts. They participate in physical activity within and outside of the school environment.

**WEB LINKS:** Virginia Water Safety Coalition - <http://www.watersafety.org>  
<http://www.sikids.com>

#### SKILLED MOVEMENT

- Continue to demonstrate correct critical elements (isolated, small parts of the whole skill or movement) of locomotor, non-manipulative, and manipulative skills.
- Demonstrate individually and with a partner the manipulative skills of throwing, catching, kicking, striking, volleying, and dribbling.
- Demonstrate educational gymnastic sequences, including balance, roll, transfer of weight, and flight.
- Demonstrate moving to a rhythm by combining locomotor and non-locomotor skills to perform basic educational folk and creative dance sequences.

#### MOVEMENT PRINCIPLES AND CONCEPTS

- Apply the basic movement concepts to change performance of locomotor, non-manipulative, and manipulative skills.
- Use the concept of relationships (e.g., over, under, around, in front of, behind, and through) in dynamic movement situations.
- Use feedback to improve movement skill performance.

#### PERSONAL FITNESS

- Identify and participate in physical activities that promote cardiorespiratory, muscular, and flexibility benefits.

#### RESPONSIBLE BEHAVIORS

- Exhibit in physical activity settings cooperative, respectful, and safe behaviors.

#### PHYSICALLY ACTIVE LIFESTYLE

- Identify opportunities outside of school to participate in regular physical activities.

**INSTRUCTIONAL FOCUS**

- Fitness Activities
- Locomotor/Non-Locomotor
- Skill Development
- Motor Learning Concepts
- Rhythmical Activities
  - Dance
  - Creative dramatics
  - Manipulative routines
- Gymnastics
- Manipulative Activities
  - Ropes
  - Bean Bags
  - Hoops
  - Parachute
  - Shuffleboard
  - Juggling
- Low Organized Activities
  - Soccer
  - Basketball
  - Volleyball
  - Bowling
  - Track and Field
  - Softball/T-Ball
- Integrated Content Activities/ Cross Curriculum
- Multicultural Activities
- Cooperative Activities
- Seasonal/Thematic Activities
- Adaptive Physical Education



**FAMILY FITNESS AND FUN**

“PRAISE AND PLAY EVERY DAY”  
 Enjoy activity time together.  
 Practice P. E. skills together.  
 Walk/Exercise together.  
 Eat healthy to be healthy.  
 Turn chores into family fun activities:  
 Utilize community resources  
 School tracks/playgrounds  
 Local parks  
 Youth sports programs  
 Attend sporting events together:  
 Local middle/high school  
 College/Professional



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**BENEFITS OF PHYSICAL ACTIVITY**

- Regular physical activity in childhood and adolescence
- Improves strength and endurance
  - Helps build healthy bones, muscles, and joints
  - Helps control weight, build lean muscle, and reduce fat
  - Reduces anxiety and stress, increases self-esteem and overall energy level
  - May improve blood pressure and cholesterol levels
  - Prevents disease and promotes health

[www.cdc.gov/kidsmedia/background.htm](http://www.cdc.gov/kidsmedia/background.htm)

“Children need models more than they need critics.”  
 — VOICE OF HEALTH

**ENRICHMENT PROGRAMS**

- Fitness Education**  
 “Star Track”  
 ACES (All Children Exercising Simultaneously) World-wide  
 Early Morning Workout  
 Fitness Fridays  
 Jogging Programs:  
 Read and Run  
 All Star (Walking with the Principal)  
 Jingle Bell Run

**Heart Power (AHA)**

**O.K. Kids Program**

**Safety Awareness**  
 Playground Safety

**Annual Programs**

- Success Week
- Family Fun/Fitness Night
- Five A Day
- County Events
- Field Day
- Tournaments (in school)

**Community/Business Partnerships**

**Activity Clubs**

- Fitness
- Dance
- Sports



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**KIDS AND SPORTS:**

**PLAY HARD,  
 PLAY SAFE**

Playing sports can be extremely beneficial on many levels. First and most obvious, playing sports means physical activity - a necessity for maintaining good health. Second, playing for a team can help children learn about following directions, keeping safety rules, looking out for others and working together.



The more the child is ready for the sport, the safer he or she will be on the field. When choosing a sport for a child, parents should consider:

- the child’s interests
- coaching
- the child’s schedule
- fun versus competition
- the sport’s emphasis
  - individual skill
  - teamwork

Deciding which sports they like best also lets children learn about making choices. Let them try team sports (such as soccer, softball and basketball) as well as individual sports (such as running, golf and tennis). Some young athletes aren’t ready to play on a team; others want to play on several. Organized sports should be tailored to match the developmental level of participants.

\*Consider if the sport is a good match for the child’s height, weight, strength and coordination.

*Team & Individual Sports*



Source: Art Explosion