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

 lidentify 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

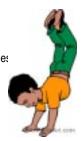
Local parks

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 selfesteem and overall energy level
- May improve blood pressure and cholesterol lavels.
- · Prevents disease and promotes health

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 intereststhe child's schedule
- coaching
- 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

Linda Anderson, Texas A&M University Agriculture Program

http://agnews.tamu.edu/dailynews/stories/CFAM/Nov0502a.htm

American Academy of Pediatrics http://www.aap.org/