

Physical Education

Second Grade

Objectives: My Partner and I – How We Move Through Space

Requirements: California P.E. standards for grades 1-6 require a minimum of 200 minutes each 10 days of Physical Education. This includes physical activity, understanding games and rules, personal hygiene, nutritious food choice and healthy living choices.

Children will:

- Move backwards and change direction quickly and safely without falling.
- Jump and land, using a combination of one and two foot take offs and landings.
- Throw a ball hard, demonstrating an overhand technique, a side orientation and opposition.
- Jump a self-turned jump rope.
- Skip, hop, gallop, and slide.

At this stage children begin to explore movement patterns with a partner and themselves. Children are highly flexible with rules at this age and with interaction of partners. Children should be encouraged to apply the rules of fairness to all areas. A total response with the entire body occurs as the student begins to define movement. Children should be given the opportunity to play games and experience activities that require whole body movement such as dodge ball, circle dances, run/walk activities. Students at this age should be encouraged to use visualization and mental skills while playing, ie: catching a ball after one bounce, kicking a stationary ball in a variety of ways, and throwing. Because children at this age begin to be more aware of their relationships with others, they should be given ample opportunities to compete in group and team sports. They should practice sharing, group decision making, and giving encouragement to others.