

Second Grade Physical Education Curriculum Overview

The physical education program (50 min class per week) offers children a variety of creative motor experiences that promote healthy attitudes toward exercise. The physical education program offers vigorous and non-vigorous activities that build skills, strength, speed, coordination, selfconfidence, and self-image. Social and emotional development is addressed through the teaching of concepts such as cooperation, problem solving, team building, fair play, and respect for human differences.

The physical education program clearly plays a vital role in the education of the whole child. Doing one's "personal best" is a theme at all grade levels. In grade two, the physical education program emphasizes intermediate skill development in movement patterns, ball activities, and fitness through participation in organized team games, cooperative activities, gymnastics, and dance. Specific attention is given toward proper throwing, catching, and kicking patterns. Sportsmanship and fair play are emphasized.