

# CUSD #95

## Learner Objectives

### Physical Education for Second Grade

**STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.**

**Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.**

- **K-1:** Demonstrate body awareness.
- **K-2:** Understand the differences between personal and general space.
- **1-2:** Identify and perform fundamental locomotor, non-locomotor, and manipulative skills (skip, twisting, throwing).
- **2:** Perform two or more locomotor or non-locomotor skills in a sequence (throw & catch).

**Analyze various movement concepts and applications.**

- **K-2:** Understand and identify personal space.
- **K-2:** Demonstrate an understanding of spatial awareness (behind, next to, under).
- **K-2:** Perform combinations of weight bearing and balance activities on a variety of body parts.

**Demonstrate knowledge of rules, safety, and strategies during physical activity.**

- **K-1:** Demonstrate safe movement in personal and general space.
- **K-2:** Identify the rules for safe conduct on a daily basis.
- **1-2:** Apply class rules, procedures, and safety practices in group activities.

**Know and apply the principles and components of health-related fitness.**

- **K-1:** Identify activities that will cause a change in heart rate
- **K-2:** Participate in health-related fitness activities.
- **1-2:** Identify changes that take place in the body after physical activity.
- **1-2:** Identify personal preferences related to physical activities.

**Assess individual fitness levels.**

- **K-2:** Understand basic vocabulary pertaining to physical fitness.
- **K-2:** Find pulse.
- **K-2:** Understand the connection between heart rate, increased breathing rate, and exercise.

# CUSD #95

## Learner Objectives

**Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.**

- **K-2:** Choose recreational activities that provide an opportunity for physical activity.
- **K-2:** Set aside time for physically active play.

**Demonstrate individual responsibility during group physical activities.**

- **K-2:** Demonstrate individual responsibility during group physical activities.
- **K-2:** Exhibit safe practices and procedures during individual and group activities.
- **K-2:** Work independently in personal space under teacher supervision.

**Demonstrate cooperative skills during structured group physical activity.**

- **K-2:** Work together in partners and small groups to accomplish teacher assigned objectives.

### **STATE GOAL 25: Know the language of the arts DANCE**

**Understand the sensory elements, organizational principles and expressive qualities of the arts.**

- **K-2:** Identify body parts and basic loco motor and non-locomotor movements.
- **K-2:** Explore personal and shared space, directions, levels, size of movement, and body shapes.
- **K-2:** Identify quick/slow, strong/light movements