

**Northwestern School Corporation**  
**Physical Education**  
**Course Outline**  
**2<sup>nd</sup> grade**

**Movement Forms**

Students will:

- Demonstrate the ability to perform locomotor and non-locomotor skills proficiently.
- Demonstrate the ability to perform stability skills alone and/or with a partner.
- Demonstrate the ability to manipulate objects.
- Demonstrate the ability to perform basic rhythmic skills alone and with a partner.

**Movement concepts and Motor Skills**

Students will:

- Identify and uses a variety of relationships with objects.
- Identify and begin to utilize the techniques that provide for efficient and safe movements.
- Identify dimensions/characteristics of mature locomotor, non-locomotor, and manipulative skills.
- Understand and demonstrate strategies for simple games and activities.
- Integrate and reinforce a variety of educational concepts through games, rhythmic, and fitness activities.

**Physical active lifestyle**

Students will:

- Participate in moderate to vigorous physical activity during and after school.
- Experience satisfaction from regular participation during and after school.
- Define and identify activities associated with skill and with health –related concepts.

**Health-enhancing levels of physical fitness**

Students will:

- Achieve and value a reasonable level of health-related fitness.
- Describe what can happen to the bodies of people who do not exercise and who eat too much.
- Understand the components of health-related fitness.
- Distinguish between high, medium, and low intensity activities for all components of fitness.

### **Responsible personal and social behaviors**

Students will:

- Demonstrate an understanding of rules, regulations, and safety practices.
- Work cooperatively with other students; Exhibit individual, partner, small, and large group socialization skills regardless of personal differences.
- Follow teacher directives when first directed.

### **Understanding and respect for differences among people in physical activity settings**

Students will:

- Demonstrate etiquette and concern toward others.
- Enjoy participation in physical activities with a variety of partners.
- Demonstrate respect for others who are different from themselves.
- Display cooperation with others when resolving conflicts.

### **Physical activity provides the opportunity for enjoyment, challenge, self expression, and social interaction.**

Students will:

- Express feelings about participation in physical activity.
- Accept the challenge of participation in new activities.
- Engage in and enjoy independent and interactive physical activity.