

**The American International School of Lusaka
Physical Education**

Grade 2

By the end of Grade 2 students will:

Health and Related Activities

- learn of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- learn of various physical changes that occur to their bodies when exercising
- learn to demonstrate safety when exercising

Body Control and Spatial Awareness

- practice how to use space, direction and levels in relation to others and their working environment
- practice traveling in different ways, changing speed and direction with or without equipment
- practice handling different equipment using various body parts (manipulative skills)
- practice holding their body weight using various body parts as bases (balance and stability)

Athletic Activities

- practice the fitness skills of physical agility, flexibility, strength and coordination with developing control and confidence
- practice a range of throwing, catching and striking techniques with developing control, accuracy and power
- learn to combine simple and complex movement skills with or without equipment, developing their consistency during activities and game situations
- be introduced to collecting and recording results, developing their understanding of basic rules in athletic activities

Rhythmic Movement

- practice their ability to express a range of feelings and moods using imagination and original ideas
- practice responding through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- perform simple movement sequences in order to practice rhythmic responses

Adventure Challenge

- participate in group activities to accomplish a common goal
- learn strategies and rules of play and apply them appropriately and fairly during game situations
- practice demonstrating teamwork and fair play during activities and game situations