Grade 2
Physical Education/Health Education
Specific Learning Outcomes*

1. Movement

- K.1.2.C.1.a: Observe and name the basic movement patterns performed by other students (e.g., running, galloping, hopping, jumping, skipping, rolling, snowshoeing, sledding, back/forward, lateral, diagonal, rhythmical, circular, redirected, fine, gross, animal, idiosyncratic, and alternate movements).

- K.2.2.C.2: Recognize that proper warm-up activities (e.g., light aerobic activity, stretching exercises) prepare muscles for vigorous activities (e.g., warm-up activities increase blood circulation and elasticity of muscles and ligaments).

2. Fitness Management

- K.2.2.C.4: Swinging and circling small hand apparatus...). Others, care for and share equipment, tag lightly...).

3. Safety

- K.3.2.A.5: Demonstrate the basic manipulation skills (e.g., play, deep breathing, progressive muscle relaxation, walking, running, hopping, rolling, underhand throwing...) that are appropriate for one's age and ability.

4. Personal & Social Management

- K.4.2.B.1b: Talk about similarities and differences (e.g., appearance, name, class, age, hair colour, dress, body part, physical activity, activities that contribute to skill/fitness development).

5. Healthy Lifestyle Practices

- K.5.2.A.1: Identify the daily habits and responsibilities for leading a physically active and healthy lifestyle (e.g., self-regulation relative to practicing daily healthy habits, good posture, healthy eating, good personal hygiene).

- K.5.2.A.2: Identify common communicable diseases/illnesses (e.g., conditions that contribute to skill/fitness development).

- K.5.2.C.2a: Identify situations involving sports/physical activities and/or social events.

- K.5.2.C.2b: Discuss ways and activities that contribute to skill/fitness development.

- K.5.2.C.3: Identify feelings and emotions associated with anxiety (e.g., being anxious, feeling nervous, worry, being unable to focus...).