



## SECOND GRADE PHYSICAL EDUCATION THIRD GRADE PHYSICAL EDUCATION

In second and third grade Physical Education classes, students continue to develop a foundation of basic motor skills. Equal emphasis is placed on developing sport skills, establishing patterns of health-enhancing physical activity and developing interactive behaviors.

Students in this age group will have experiences in which they begin to build competence and confidence in their ability to perform mature forms of most basic movement skills. These skills are refined by combining many individual motor skills in order for the student to participate in a variety of developmentally appropriate activities.

Health-enhancing physical activity is emphasized in the form of experiences that assist students in maintaining fitness. This involves light to moderate resistance exercises and exercise physiology principals and continuous aerobic activity. The HEAL curriculum will be used for instruction in Healthy Eating Active Living nutrition and fitness activities. Students will identify the types of activities that are most appropriate for maintaining health-enhancing levels of fitness. Students will learn to use heart rate monitors to learn about aerobic workout intensity.

Interactive behavior focuses on working cooperatively and responsibly with peers and teachers to participate in and learn more about a variety of physical activities and games. This includes applying rules, procedures and etiquette used during participation. Opportunities for learning and applying positive character traits, conflict resolution skills, cooperative group skills, and peacemaking skills are included as essential ingredients of sports and activities. The 7 HABITS Leader in Me program is used.

Activities for third graders include a wide range of sports, recreational activities and fitness components that help students develop the skills to participate in many of these activities for a lifetime. Students will participate in fitness testing **August and February/March**. Local, state and national content standards are used to develop the curriculum. For more information, click on the Course of Study for Second and Third Grades link on our web page.

Our goal is to meet the needs of all students. If your child is sick or injured and temporarily should not participate in PE, please send a note stating his/her limitations. A doctor's note is necessary to excuse a student for **more than two consecutive days**. The student will participate in alternative PE learning activities. If you are aware of any limitations your child may have that could affect his/her participation in Physical Education, please let us know as soon as possible. Modifications in equipment, activities, expectations, the student's role and/or facilities will be made for students who have special needs.

Modified sports, games and activities planned for this year:

Fitness Testing	Disc Golf
Fitness Preparation	Lacrosse
Fitness Components	Wiffle Ball
Pedometers, Heart Rate Monitors	Kick Ball
Activity Stations	Gymnastics
Climbing Wall	Floor Hockey
Four Square	HEAL
Cooperative Games	Jump Rope
Pickle Ball	Sports Fitness Components
Soccer	
Track & Field	
Volleyball	
Bowling	
Rookie Rugby	
Dance	

All students must wear **athletic shoes** in order to participate in Physical Education.