

**Helena Public Schools
Grade 2
Physical Education Specialist
Health and Wellness**

Health Maintenance & Enhancement

- Participate in physical activity that increases the heart rate
- Identifies cardio respiratory endurance, muscular endurance, muscle strength, flexibility
- Participates in class activities
- Describe how physical activity makes a person's body stronger (e.g., helps develop strength, endurance, flexibility)
- Recognize that eating healthy & being active will help maintain a healthy body
- Throwing overhand, underhand
- Catching one hand, two hands
- Dribbling hands, feet
- Kick objects using an approach
- Volley an object using hands or paddle
- Rhythms, follow a combination of rhythmic movements led by teacher
- Perform balances on equipment, perform forward & backward rolls, transfer weight from feet to other body parts while traveling
- Jump for height, jump for distance, jump rhythmically, fall with control
- Jump Rope single rope, long rope
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (e.g. spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Awareness of rules used in games & activities

Functions & Interrelationships of Systems

Support the following competencies:

- Introduce how nutrition & exercise maintain healthy brain function
- Describe how muscles affect overall health (e.g., burning calories, good posture, healthy heart)

Risk Assessment & Reduction

- Describe common safety rules & laws (e.g., playground, bus, bicycle, pedestrian, vehicle)
- Identify bus, biking, & walking safety expectations
- Explain the use & purpose of safety equipment
- Demonstrate specific safe practices & procedures in & around water (e.g., life jackets, buddy system, inclement weather)