

2nd Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Movement, Strength, and Joy in Motion

Version May/2025

1. Introduction

The Role of Physical Education in 2nd Grade

In 2nd grade, physical education strengthens the connection between movement and well-being. Students refine motor skills, explore games, and begin to understand the physiological and emotional effects of exercise. Through warm-ups, fitness activities, and sports-based games, learners build coordination, stamina, and positive social behaviors—laying the groundwork for lifelong physical literacy.

By the end of this course, students will:

- ✓ Perform warm-up and cooldown routines with understanding.
- ✓ Participate in daily movement and sport-based games with growing endurance.
- ✓ Demonstrate sprinting, throwing, and cooperative gameplay.
- ✓ Describe how exercise affects their body, energy, and mood.
- ✓ Practice fairness, effort, and safety in all physical activities.

2. Core Competence Areas

PE.1 Movement Fundamentals and Fitness Habits

Learning Outcomes

By the end of this course, students will be able to:

- ✓ **Demonstrate locomotor and non-locomotor movements with increasing control.**
- ✓ **Understand the importance of daily exercise and balanced activity.**
- ✓ **Describe how physical activity supports energy, mood, and health.**

Competencies

PE.1.A.1 – Mastering basic movement forms

- Skip, hop, gallop, jump, and balance in games and circuits.
- Combine movements in sequences or obstacle courses.

PE.1.A.2 – Understanding effects of movement on the body

- Track breathing, heart rate, and sweat levels before/after movement.
- Reflect in class journal: “How do I feel after I move?”

PE.2 Warm-Up, Flexibility, and Preparation

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Perform dynamic warm-ups and simple stretching routines.**
- ✓ **Explain the purpose of preparing the body for movement.**
- ✓ **Lead or follow simple warm-up flows.**

Competencies

PE.2.A.1 – Preparing safely for activity

- Learn warm-up patterns: high knees, arm circles, toe touches.
- Develop group-led stretching routines with partners.

PE.2.A.2 – Cooling down and calming body signals

- Practice walking cool-downs and breathing techniques.
 - Connect movement to mindfulness.
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PE.3 Speed, Throwing, and Sport Play

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Run short distances with acceleration and control.
- ✓ Throw and aim objects overhand and underhand with improved accuracy.
- ✓ Participate in team games that promote inclusion and effort.

Competencies

PE.3.A.1 – Sprinting and speed awareness

- Run 10m, 20m, and 40m sprints while observing form and recovery.
- Compare times and track progress over the quarter.

PE.3.A.2 – Throwing and field-based activities

- Use beanbags, foam balls, and tennis balls to practice distance and aim.
 - Engage in “long throw” events and cooperative catching games.
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PE.4 Daily Sports and Movement Program

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Participate in daily structured activity with focus and enthusiasm.
- ✓ Understand movement as a daily habit.
- ✓ Build routine and rhythm in sports-based activities.

Competencies

PE.4.A.1 – Committing to movement every day

- Use the “Daily Sports Chart” to track participation.
- Incorporate movement into transitions and classroom brain breaks.

PE.4.A.2 – Trying a variety of movement forms

- Cycle through seasonal activities: running, jumping, dance, agility games.
 - Use music and rhythm to encourage joyful participation.
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3. Assessment and Evaluation

Formative Assessments – Active Observation and Journaling

- ✓ Daily movement tracker (“I moved... I felt...”).
- ✓ Exit movement circles: What was easy? What was hard?
- ✓ Peer-led warm-up leadership observation.

Summative Assessments – Challenges and Reflection

- ✓ Sprinting improvement chart.
- ✓ Throwing accuracy scorecard.
- ✓ “My Movement Journal” reflection pages.

Authentic Assessment – Public and Personal Expression

- ✓ Fitness fair demonstration or obstacle course day.
 - ✓ “My Daily Sport Routine” project board.
 - ✓ Video recap or movement routine filmed and shared.
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4. Instructional Strategies for Online Learning

Kinesthetic Routines and Repetition

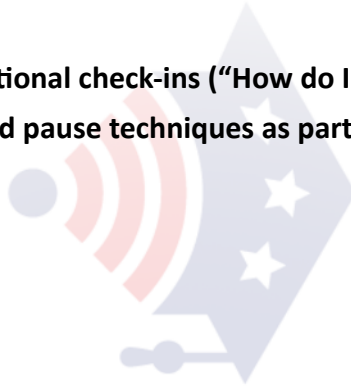
- ✓ Use music, signals, and visual routines to build consistency.
- ✓ Make movement part of the daily schedule, not just PE class.

Inclusive and Joyful Play

- ✓ Mix individual, partner, and team formats.
- ✓ Ensure activities meet various ability levels and emphasize effort over competition.

Health and Mindfulness Link

- ✓ Combine movement with emotional check-ins (“How do I feel in my body?”).
- ✓ Teach breathing, stretching, and pause techniques as part of wellness.



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