

## **HEALTHFUL LIVING – Grade 2**

**COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).**

### **Objectives**

6.01 Demonstrate mature form in skipping, hopping, galloping and sliding.

6.02 Demonstrate manipulative skills such as throwing, catching, striking and trapping of objects while stationary and/or to a moving partner.

6.03 Demonstrate moving to a rhythmic beat while manipulating objects such as jump ropes, scarves and balls.

**COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).**

### **Objectives**

7.01 Demonstrate space awareness and movement control in different ways in a large group without bumping into others or falling, such as running, hopping, and skipping.

7.02 Identify and demonstrate the major characteristics of mature walking, running, hopping, and skipping.

7.03 Use feedback to improve performance.

7.04 Explain why everybody should be active at least 60 minutes per day.

**COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).**

### **Objectives**

8.01 Identify physical activity opportunities in your community.

8.02 Recognize that physical activity is a conscious choice.

**COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of health-related fitness and be familiar with factors that benefit performance (NASPE Standard 4).**

### **Objectives**

9.01 Examine 2 or 3 components of health-related physical fitness assessment.

9.02 Recognize the physiology indicators that accompany moderate to vigorous physical activity.

9.03 Recognize the relationship between nutrition and physical fitness.

**COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).**

### **Objectives**

10.01 Explain why participation in physical activity is important.

10.02 Explore ways physical activity improves health.

10.03 Apply rules, procedures and safe practices to create a safe school environment with little or no reinforcement.

10.04 Work cooperatively with others to honestly complete work.