Grade 2 Physical & Health Ed

Curricular Competencies

Big Ideas

*Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being.
*Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.
*Adopting healthy personal practices and safety strategies protects ourselves and others.
*Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.
*Our physical, emotional, and mental health are interconnected.

Content

	Physical Literacy				Health & Active Living					Social & Community				Mental Well-Being		
	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Apply methods of monitoring exertion levels in physical activity	Develop and demonstrate safety, fair play, and leadership in physical activities	Identify and explain factors that contribute to positive experiences in different physical activities	Participate daily in physical activity at moderate to vigorous intensity levels	Identify and describe opportunities to be physically active at school, at home, and in the community	Explore strategies for making healthy eating choices	Describe ways to access information on and support services for a variety of health topics	Explore and describe components of healthy living	Identify and describe avoidance or assertiveness strategies to use inunsafe and/or uncomfortable situations	Develop and demonstrate respectful behaviour when participating in activities with others	Identify and describe characteristics of positive relationships	Explain how participation in outdoor activities supports connections with the community and environment	Identify and apply strategies that promote mental well-being	Identify and describe feelings and worries, and strategies for dealing with them	Identify personal skills, interests, and preferences and describe how theyinfluence self-identity
proper technique for fundamental movement skills, including non-locomotor,locomotor, and manipulativeskills																
ways to monitor physical exertion levels																
how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games																
effects of physical activity on the body																
practices that promote health and well-being, including those relating to physical activity,nutrition, and illness prevention																
strategies for accessing health information																
strategies and skills to use in potentially hazardous, unsafe, or abusive situations																
effects ofdifferent substances, and strategies for preventing personal harm																
managing and expressing emotions																
factors that influence self-identity																