

<u>Physical Education</u>	
Knowledge of structures of, functions of, and relationships among human body systems	
	<ul style="list-style-type: none"> • Demonstrate knowledge of basic physiological principles related to physical fitness and application of these principles to their lifestyles. LO 3, 6, 7, 8, 9
Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)	
	<ul style="list-style-type: none"> • Through class exercise routines: <ul style="list-style-type: none"> ○ Develop cardiovascular strength. ○ Develop muscular coordination and strength. LO 1, 2, 4
Knowledge of principles of movement and physical fitness	
	<ul style="list-style-type: none"> • Demonstrate an understanding of levels, direction, speed, and pathways in activities. LO 1, 2 • Demonstrate proficiency in movement, knowledge, and social skills in low-organized and lead-up activities. LO 1, 2, 4 • Demonstrate knowledge and skills in locomotor, nonlocomotor, and manipulative activities. LO 1, 2
	<ul style="list-style-type: none"> • Demonstrate knowledge, safety, and fundamental performance skills required in the movements associated with gymnastic balance and tumbling activities. LO 1, 2, 3
	<ul style="list-style-type: none"> • Demonstrate knowledge, understanding, and performance skills required for basic rhythm and dance used in cooperation with others. LO 1, 2, 5, 10
	<ul style="list-style-type: none"> • Through ball, rope, and hoop activities: <ul style="list-style-type: none"> ○ Develop basic skills which will lead to successful participation in game and sport activities.

Second Grade

	<ul style="list-style-type: none"> ○ Develop self-confidence. LO 4, 5, 9
	<ul style="list-style-type: none"> ● Through group games: <ul style="list-style-type: none"> ○ Develop ability skills for games. ○ Develop good sportsmanship. ○ Develop skills of becoming a team player.
	<ul style="list-style-type: none"> ● Through relays, develop and practice: <ul style="list-style-type: none"> ○ Cooperation among team members. ○ Specific skills. ○ Good sportsmanship. LO 1, 2, 3, 5
<p>Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health)</p>	
	<ul style="list-style-type: none"> ● Participate responsibly in the care and use of physical education equipment. LO 10