



Recommended P2/Grade 2 and P3/Grade 3 Curriculum Framework

<b>Content: Physical Education – P2/Grade 2 and P3/Grade 3</b>						
<b>Topic: Benefits of Physical Activity (Weeks 4-9)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
<p><b>PL-E-2.2.1</b> Physical and social benefits result from regular and appropriate participation in physical activities throughout one's lifetime.</p> <p>Physical benefits:</p> <ul style="list-style-type: none"> <li>• weight control</li> <li>• lower blood pressure</li> <li>• increased muscle strength</li> <li>• physical fitness</li> <li>• improved control of body movements</li> </ul> <p>Social benefits:</p> <ul style="list-style-type: none"> <li>• positive interaction with others</li> <li>• respect for authority figures</li> <li>• enjoyment</li> <li>• self-expression</li> </ul>	<p><b>Lifetime Physical Activities</b></p> <p><b>AE 2.35</b> Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>• Identify health benefits that result from regular participation in physical activity.</li> <li>• Develop a personal interest in participating in physical activities.</li> </ul> <p><b>POS</b> Students will perform various stretching, strengthening and cardiorespiratory exercises and describe their benefits.</p> <p><b>BENCHMARKS</b></p> <p>Students develop sample individual exercise programs.</p> <p>Students participate in regular physical activity and exercise.</p>					



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<p><b>PL-E-1.5.1</b> There are body changes (e.g., elevated heart rate, respiration, perspiration) that occur during physical activity.</p> <p><b>PL-E-1.5.2</b> There are numerous benefits of exercise (e.g., muscular growth and development, good posture, aerobic endurance) on the body.</p> <p><b>PL-E-1.5.3</b> Physical fitness is based on an investment of time and effort.</p> <p><b>PL-E-1.5.4</b> Health-related fitness includes many components (e.g., muscular strength, muscular endurance flexibility, body composition, aerobic endurance).</p>	<p><b>AE 2.31</b> Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Develop awareness of interrelatedness of body functions and the impact of lifestyle choices on body systems.</li> </ul> <p><b>POS-PE-P-1</b> Students will feel and hear their own heartbeat.</p> <p><b>POS-PE-P-3</b> Students will perform a wider variety of stretching and strengthening exercises.</p> <p><b>POS-PE-P-4</b> Students will recognize that exercise affects heart rate.</p> <p><b>POS-PE-P-5</b> Students will perform various stretching, strengthening, and cardiorespiratory exercises and</p>					



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	<p>describe their benefits.</p> <p><b>BENCHMARKS</b> Students calculate their heart rate in beats per minute as a result of exercise.</p> <p>Students know the difference between resting heart rate and exercise heart rate.</p> <p>Students develop and perform stretching and strengthening exercise routines.</p> <p>Students describe and list the benefits of different types of exercises on the body. (Cardiorespiratory, strength and flexibility).</p>					