

# PHYSICAL EDUCATION

## GRADE 2

### Aim of Physical Education

Develop students' motor and games skills and equip them with the knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle.

### Course Objectives

The school's PE programme should seek to develop in each student the ability to:

- a. Perform and enjoy a variety of physical activities with understanding
- b. Develop and maintain physical health and fitness through regular participation in physical activities
- c. Demonstrate positive self-esteem through body awareness and control
- d. Understand and apply thinking skills to PE
- e. Demonstrate the spirit of fair play, teamwork and sportsmanship
- f. Acquire safe practices during physical activities

### Main Topics that will be covered throughout the year

#### Movement concepts

Special awareness	Body awareness	Quality of movement	relationships	Swimming
<ul style="list-style-type: none"> <li>• Space</li> <li>• Directions</li> <li>• Level</li> <li>• Pathways</li> <li>• planes</li> </ul>	<ul style="list-style-type: none"> <li>• shapes</li> <li>• balance or weight bearing</li> <li>• transfer of body weight</li> <li>• flight</li> </ul>	<ul style="list-style-type: none"> <li>• time or speed</li> <li>• force</li> <li>• flow</li> </ul>	<ul style="list-style-type: none"> <li>• with body parts</li> <li>• with objects and/or people</li> </ul>	Swim one recognised stroke for 25m continuously. <b>1. Front-Crawl / Freestyle</b> <b>2. Breaststroke</b> Demonstrate confidence in water without buoyancy aids.

#### Fundamental skill

Locomotive skills	Non locomotive skills	Manipulative skills
<ul style="list-style-type: none"> <li>• walking</li> <li>• running</li> <li>• jumping</li> <li>• sliding</li> <li>• hopping</li> <li>• leaping</li> <li>• skipping</li> <li>• galloping</li> </ul>	<ul style="list-style-type: none"> <li>• bending</li> <li>• twisting</li> <li>• turning</li> <li>• balancing</li> <li>• pushing</li> <li>• pulling</li> <li>• stretching</li> <li>• rocking</li> </ul>	<ul style="list-style-type: none"> <li>• throwing</li> <li>• catching</li> <li>• dribbling/bouncing</li> <li>• rolling</li> <li>• trapping</li> <li>• punting</li> <li>• kicking</li> <li>• volleying</li> </ul>

#### Assessment

External	Internal	Weighting (%)
None	<ul style="list-style-type: none"> <li>• Skill Test</li> <li>• Attitude and Effort</li> <li>• Participation</li> <li>• Road Runner</li> <li>• Fitness</li> </ul>	25 20 20 20 15

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