

YEAR 2

LEARNING OUTCOMES

for

YEAR 2

HEALTH RELATED FITNESS	MOVEMENT & GYMNASTICS	SWIMMING	ATHLETICS	GAMES
<p>2.1.1. Muscular strength and Endurance</p> <ol style="list-style-type: none"> 1. Identify that the body has many muscles. 2. Identify the purpose of muscles. 3. Perform activities to achieve strong muscles. <ul style="list-style-type: none"> - using own body weight as resistance - focusing on lower body and trunk Same as Year 1 + sit ups, abdominal curls. 4. Identify correct procedure for lifting objects 	<p>2.2.1. TRAVELLING <i>Run sideways and backwards</i></p> <p>2.2.2. ROLLING <i>Practise forward roll with various finishing positions</i></p>	<p>2.3.1. Body Alignment (Floating) Supine and Pronated</p>	<p>2.4.1. Walking/ Running: Learn to distinguish clearly between walk or run at various speeds Learn to change lane so as to use the shortest distance.</p>	<p>2.5.1. Racket Games: Learn to strike stationary ball</p>
<p>2.1.2. Cardio Respiratory Endurance</p> <ol style="list-style-type: none"> 1. Identify parts of the Circulatory and Respiratory Systems. Heart-Pump, Lungs-Oxygen, Nose and Mouth. 2. Practise correct Breathing (In from the nose and out from the mouth) 3. Identify & perform activities that are fun and promote body fitness. 4. Perform continuous exercise for a pre-determined time-span. 	<p>2.2.3. BALANCING <i>Balance, move and return to starting balance, body shapes, base of support</i></p> <p>2.2.4. TAKING WEIGHT ON HANDS</p>	<p>2.3.2. Kicking (Introduction)</p>	<p>2.4.2. Sprinting Stand start and starting calls: “On your marks; set; clapper”. Run in a straight line. 10m Sprint Test Relay. Hurdling: Standing start and starting calls: “On your marks; set; clapper”. Hurdling in a straight line. Demonstrate ability to participate in intra-school Fun Athletics (IFTA). **</p>	<p>2.5.2. Implement Games Learn to pass and trap. Introduce the push-pass</p>

<p>2.1.3. Healthy Habits Start to develop awareness of healthy food. Check posture .(While running and jogging) Learn proper washing techniques</p> <p>2.1.4. Flexibility Introduce the term Stretching The purpose of stretching Perform simple stretches. Learn washing techniques</p>	<p>2.2.5. JUMPING <i>Jump whilst running for distance and for height</i></p> <p>2.2.6. PARTNER WORK <i>shadowing</i></p>	<p>2.3.3 Moving in Water Practise moving in water unaided</p>	<p>2.4.3 Jumping The basic jumps R-L/L-R; 2-1; 1-2. Jump for distance. Standing</p> <p>2.4.4 Throwing: Practise underhand throw. Target Throw Test ** Demonstrate ability to participate in intra-school Fun Athletics (IFTA). **Long Jump Test **</p>	<p>2.5.3 Games Practise dribbling with either hand</p> <ul style="list-style-type: none"> • acceleration and deceleration when dribbling the ball • directions: dribble a ball backward, forward and sideways. • dribble the ball with either hand changing direction. • push the ball farther ahead to go further • Dodge and change of direction • Tag
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PROGRAMME

for

YEAR 2

2.1 HEALTH-RELATED FITNESS

Learning Outcomes	Notes
2.1.1. Muscular strength and Endurance	
1. Identify that the body has many muscles.	<ul style="list-style-type: none"> • Identify location, size and function of the heart. (Years 1-6) • Perform activities that do help the heart – healthy heart activities (Years 1 -6) • Understand how to measure a strong heart (Years 1 -6) • Identify the meaning of stretching • Perform the correct procedures for safe stretching
2. Identify the purpose of muscles. (Every action that we do)	
3. Perform activities to achieve strong muscles. - using own body weight as resistance - focusing on lower body and trunk Same as Year1 + sit ups, abdominal curls.	
4. Identify correct procedure for lifting objects i.e. squatting down and keeping back straight.	
2.1.2. Cardio Respiratory Endurance	<ul style="list-style-type: none"> • Learn the meaning of healthy habits (Years 1 -6) • Identify habits that are healthy for the body: • Get regular activity – movement to play (Years 1- 6) • Eat breakfast – avoiding unhealthy snacks (Years 1 – 6) • Get adequate rest (Years 1 -6) • Maintain cleanliness and hygiene (Years 1 -6) • Avoid drugs and alcohol (Years 1 -6) • Live tobacco free
Identify parts of the Circulatory and Respiratory Systems. Heart-Pump, Lungs-Oxygen, Nose and Mouth.	
Practise correct breathing (In from the nose and out from the mouth)	
Identify & perform activities that are fun and promote body fitness.	
Perform continuous exercise for a pre-determined time-span.	
2.1.3. Healthy Habits	
Start to develop awareness of healthy food.	
Check posture.(While running and jogging)	
Learn proper washing techniques.(Washing of teeth)	
2.1.4. Flexibility	
Introduce the term Stretching	
The purpose of stretching (to lengthen the muscle, preparing it for exercise thus preventing injury	
Perform simple stretches. Emphasis on keeping straight legs when bending and straight arms.	
Encourage partner work during exercise	

2.2 MOVEMENT AND GYMNASTICS



Learning Outcome	Notes
<p>2.2.1 TRAVELLING <i>run sideways and backwards</i></p> <ul style="list-style-type: none"> • Run using very small steps/large steps on signal • Run sideways (slide) • Run backwards 	
<p>2.2.2 ROLLING <i>Practise forward roll with various finishing positions</i></p> <ul style="list-style-type: none"> • Roll forwards and add a twist at the end to finish on two knees or one knee • Roll forwards to finish in a long sit or a straddle sit • Roll forwards to finish lying flat 	<p><u>FORWARD ROLL</u> Crouch, push from feet, head well tucked in, rounded back, tight tuck, reach forward with arms, feet close to hips, stretch up once weight is on feet.</p>
<p>2.2.3 BALANCING <i>balance, move and return to starting balance, body shapes, base of support</i></p> <ul style="list-style-type: none"> • Explore various balances - choose a balance and practise it • Balance and roll and move again to the starting balance • Choose one balance and find three different body shapes, keeping the same supporting base. 	
<p>2.2.4 TAKING WEIGHT ON HANDS <i>strengthening arms, hands, wrists, elbows and shoulders</i></p> <ul style="list-style-type: none"> • using a 3-point triangular base, balance on head and hands and slowly move knees on elbows • practice kicking legs high in the air (donkey kick) and land on a different spot 	<p>Try wall push-offs, increase distance to wall gradually</p>
<p>2.2.5 JUMPING <i>whilst running jumping for distance and for height</i></p> <ul style="list-style-type: none"> • Run, jump and land 	<p>Make children aware of take-offs and landings (springing action)</p>

<ul style="list-style-type: none"> • Run, jump, land and roll • Jump as high as you can • Jump as far as you can 	
2.2.6 PARTNER WORK <i>shadowing</i> <ul style="list-style-type: none"> • Follow partner, changing direction 	

2.3 SWIMMING

<i>Learning Outcome</i>	<i>Notes</i>
2.3.1 Body Alignment (Floating) Supine and Pronated	Aided Floating (supine/ prone) Unaided Floating (supine/ prone)
2.3.2 Practise Kicking (Introduction)	Kicking vertically with aids Kicking horizontally with aids Kicking horizontally with aids and face in the water.
2.3.3 Moving in Water Practise moving in water unaided	Simultaneous use of arms and legs for floatation and movement.

2.4 ATHLETICS

Learning Outcome	Notes
2.4.1 Walking/ Running	
Learn to distinguish clearly between walk or run at various speeds	Stress on keeping correct posture and form even over longer distances.
Learn to change lane so as to use the shortest distance.	Front or behind class-mates. Overtaking others.
2.4.2 Sprinting	
Standing start and starting calls: “On your marks; set; clapper”. Run in a straight line.	Start and sprint only on own lane. High knee action as a form of drill.
Relay.	Travel with a baton. Run at various speeds whilst transferring the baton (quoits).
10m Sprint Test	Maximum effort
Hurdling:	
Standing start and starting calls: “On your marks; set; clapper”. Hurdling in a straight line.	Lead leg/ trail leg drills. Rhythm running over mini hurdles in own lane.
Demonstrate ability to participate in intra-school Fun Athletics (IFTA). **	
2.4.3 Jumping	
The basic jumps R-L/L-R; 2-1; 1-2. Jump for distance.	Increase jumping momentum using arm swing. Synchronized forward arm swing; pushing off with toes.
Standing Long Jump Test **	 <p>Maximum effort</p>
Able to participate in intra-school Fun Athletics (IFTA). **	
2.4.4 Throwing	
Practise underhand throw.	Throw at a prescribed target. Power position for throws.
Target Throw Test **	 <p>Maximum effort</p>
Able to participate in intra-school Fun Athletics (IFTA). **	

2.5 GAMES

<i>Learning Outcome</i>	<i>Notes</i>
<p>2.5.1. Racket Games: Learn to strike stationary ball</p>	<p>Striking while ball is stationary Hitting a stationary tennis ball in self and general space in different directions and at different levels Relationships with body parts while striking (action, eye/hand coordination) with objects (racket, tee, ball) and with others (solo, hitter and catcher) Hitting a tennis ball off a tee using a fast or slow and strong or light strike</p> <p>Hitting the ball from a stationary position</p> <ul style="list-style-type: none"> • Putting the ball on a tee or a plastic bottle and hitting the ball • Tying a ball to a string and hitting the ball at various speed and at various heights • Emphasizing that child must look at ball and at target which may be a partner retrieving the ball • Varying strong or light strikes according to distance of target
<p>2.5.2. Implement Games: Learn to pass and trap, introduce the push-pass</p>	<p>Moving sideways to adjust position for trapping the ball. Absorbing the pass with the stick. Emphasis on follow-through during the pass Passing in general space and in different directions Stretching and getting low while performing push-pass and trapping. Emphasis on transfer of weight</p> <ul style="list-style-type: none"> • Relationship of body parts while passing and trapping • With the other students while performing these skills <p>Performing fast or slow passing while stationary or walking at different speeds</p>

2.5.3. Games

Practise dribbling with either hand

- Acceleration and deceleration when dribbling the ball
- Directions: dribble a ball backward, forward and sideways.
- Dribble the ball with either hand changing direction.
- push the ball farther ahead of them to go faster
- Dodging and Change of Direction
- Tagging
- dribble around without bumping into others
- do not slap the ball
- control the ball and increase speed gradually
- spread fingers over the ball
- do not dribble higher than your waist
- try to change hands
- change speed while keeping the ball close to you the whole time
- use open space while dribbling
- do not look at the ball while dribbling
- do not be a one handed dribbler
- Avoid others or objects.
- Intercept others or objects.
- Guard a space or object.
- Control force in tagging.
- Change speed and pathway (deceptive moves) to avoid being tagged.
- Work together when planning offence and designate responsibilities for defence.