

What your child will learn in Grade 2 Physical Education and Wellness

Active Living

Your child will think about what makes moving their body feel good and why they enjoy certain activities. They might notice that running feels different from dancing, or that playing with friends is more fun than moving alone. These discoveries help them understand that physical activity is something they can enjoy their whole life. [See the curriculum.](#)

Movement Skill Development

Your child will learn to move their body with better control and awareness. They will practice noticing where their body is in space, whether they are near a wall, far from a friend, or in the middle of a group, and use that awareness to move safely and smoothly. They will also work on making their movements more efficient, like learning to throw a ball with less effort but better aim. [See the curriculum: 1, 2.](#)

Your child will discover that working as a team makes activities more fun and safer. When children help each other, cheer each other on, and take turns, everyone feels included and enjoys playing more. [See the curriculum.](#)

Character Development

Your child will examine roles and responsibilities and their connections to self-understanding. They will learn how the choices they make in these roles help them understand who they are and how to manage their own behaviour. [See the curriculum.](#)

Safety

Your child will learn to spot dangers and know what to do to stay safe in different places, like at home, at school, or outside playing. [See the curriculum.](#)

Healthy Eating

Your child will explore why they choose the foods they do. They might notice that sometimes they pick a snack because they are hungry, sometimes because a friend is eating it, and sometimes because it tastes good. Understanding these reasons helps them make choices that keep their body strong. [See the curriculum.](#)

Healthy Relationships

Your child will see how kind words, listening, and working together make friendships and group activities better. They will learn that healthy relationships are built when people treat each other with respect and care. [See the curriculum.](#)

Growth and Development

Your child will look at how their body has changed since they were a baby and think about what helps them grow. They might compare a photo of themselves as a baby to now and notice how much bigger and stronger they have become. [See the curriculum.](#)

Financial Literacy

Your child will start to understand that the choices they make about money matter. They might learn about saving, spending, and how to think before they buy something. [See the curriculum.](#)

How to help at home

Active Living

Ask your child what their favourite way to move is and why they like it. Play a game of tag, dance to music, or take a walk together and notice how their body feels. [See the curriculum.](#)

Movement Skill Development

Set up a simple obstacle course in your living room or yard using cushions, chairs, or cones. Ask your child to move around the obstacles and notice where their body is compared to each one. Play catch with a soft ball and watch how your child's throw gets smoother with practice. Invite your child to play a team game like relay races or building a fort together, and talk about how helping each other makes it more fun. [See the curriculum: 1, 2, 3.](#)

Character Development

Ask your child to tell you about a time they helped someone or made a good choice. Talk about how that made them feel and what it says about who they are. [See the curriculum.](#)

Safety

Walk through your home together and ask your child to point out things that could be dangerous and what they should do to stay safe. Practice what to do if they get lost or need help. [See the curriculum.](#)

Healthy Eating

Before snack time, ask your child why they chose that food. Is it because they are hungry? Because it tastes good? Because a friend has it? Talk about how different foods help their body grow strong. [See the curriculum.](#)

Healthy Relationships

Notice when your child is kind to a sibling or friend and name what you see: "I saw you listen to your friend's idea. That's what connects to healthy relationships in learning and playing contexts [See the curriculum.](#)

Growth and Development

Look at baby photos of your child and talk about how much they have grown. Ask what they can do now that they could not do as a baby. [See the curriculum.](#)

Financial Literacy

Give your child a few coins or a small amount of play money and let them choose what to "buy" from a pretend store at home. Talk about whether they have enough money and what they might need to save up for. [See the curriculum.](#)