

Grade 2 Physical Education and Wellness: Year at a Glance

Overview

This year, children build money smarts alongside movement skills. They learn how choices affect how we spend and save. [See the curriculum.](#)

Children explore what makes moving their bodies fun and meaningful, building habits for active living they can carry through life. [See the curriculum.](#)

Kids practice moving with more control, more spatial awareness, and better teamwork, growing stronger and steadier every week. [See the curriculum.](#)

Through play and daily routines, children explore roles, responsibilities, and self-regulation, building resilience and confidence. [See the curriculum.](#)

Safety lessons help children recognize risks and make safe choices in many settings, at school, at home, and at play. [See the curriculum.](#)

Children learn what influences their food choices and how food connects to feeling well. [See the curriculum.](#)

Kids practice communication, empathy, and respect as they explore what healthy relationships look like at school and at play. [See the curriculum.](#)

Children learn how bodies grow and change, and what factors shape that growth. [See the curriculum.](#)

The year at a glance

Grade 2

Organizing idea	Guiding questions	Learning outcomes
Financial Literacy: Informed financial decision making contributes to the well-being of individuals, groups, and communities.	How does decision making influence money management?	Students relate money and decision making. (see the curriculum)
Active Living: Developing physical literacy through movement and active living supports well-being across a lifespan.	What makes physical activity meaningful?	Students investigate physical activity and relate it to personal experience. (see the curriculum)
Movement Skill Development: Developing physical literacy through movement and active living supports well-being across a lifespan.	How are awareness and movement connected? (this guiding question applies to the first two learning outcomes below); How can teamwork support participation, safety, and enjoyment?	Students refine and apply spatial awareness across a variety of physical activity contexts. (see the curriculum); Students modify movement to improve control and efficiency. (see the curriculum); Students demonstrate teamwork and support participation in a variety of physical activities. (see the curriculum)

Character Development: Exploration of life opportunities and virtues develops resilience and personal talents and promotes lifelong learning.	How are roles connected to character development?	Students examine roles, responsibilities, and self-regulation and their connections to self-understanding. (see the curriculum)
Safety: A lifetime of optimal well-being is supported by prioritizing health and safety.	How can safety be promoted in various contexts?	Students examine and apply personal safety in a variety of situations. (see the curriculum)
Healthy Eating: A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating.	How can food impact well-being?	Students examine internal and external factors that influence food choices and decisions. (see the curriculum)
Healthy Relationships: Personal well-being is supported through positive relationships built on communication, collaboration, empathy, and respect.	How can healthy relationships be portrayed in various contexts?	Students connect healthy relationships to a variety of learning and playing contexts. (see the curriculum)
Growth and Development: Decision making that optimizes personal health and well-being is informed by understanding growth and development.	How can growth change over time?	Students examine how growth is affected by variables. (see the curriculum)

Across the year

- Movement skill development and active living reinforce each other: as children gain control, balance, and spatial awareness, physical activity becomes more enjoyable and meaningful. [See the curriculum: 1, 2.](#)
- Teamwork threads through movement skills, character development, and healthy relationships, since children practice cooperating, communicating, and respecting others in the same activities where they build physical skills. [See the curriculum: 1, 2, 3.](#)
- Safety and growth and development connect closely: understanding how bodies change helps children make sense of the safety choices they practice in different situations. [See the curriculum: 1, 2.](#)
- Financial literacy and healthy eating both ask children to notice what shapes their decisions, whether it is money or food, building the same decision-making muscle in different contexts. [See the curriculum: 1, 2.](#)
- Character development ties the year together, since roles, responsibilities, and self-regulation show up across movement, safety, and relationship learning. [See the curriculum: 1, 2, 3, 4.](#)