

# PHYSICAL EDUCATION

## TERM 4

### GRADE:2

#### SWIMMING SECTION:

In swimming there are 4 FINA strokes.

When your face is under water, you must blow bubbles.

As soon as you enter the pool area, you must wait for instructions from teacher/ coach/ parents

Never run near the pool edges.

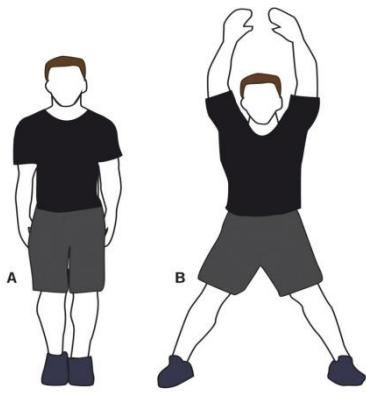
Don't push or fight with friends or siblings.

Don't jump in the water as soon as you get to the pool area.

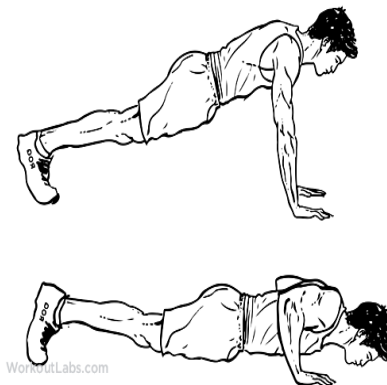
**The items our swimming bag should have in it.**



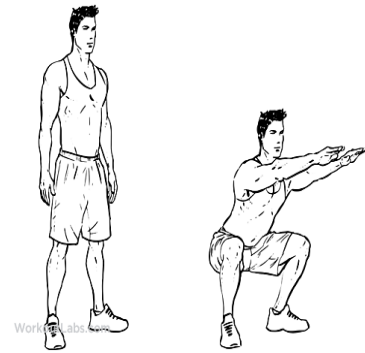
## FITNESS MOVEMENTS:



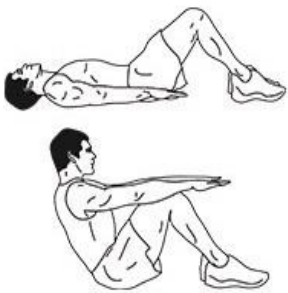
1. Jumping jack



2. Push ups



3. Squat



4. Sit ups



5. Running

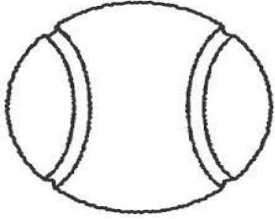
## General knowledge:

A-

- 1- We play a soccer game with soccer ball.
- 2- We play a volleyball game with volleyball.
- 3- We play a netball game with netball.
- 4- We play a tennis game with tennis ball.



**Soccer ball**



**Tennis ball**



**Volleyball**



**Netball**

**B-**When you pass the ball, keep your eyes on the ball.

**C-** When you zig zag through the cones, it is also called weaving.

**D-**When you are balancing on the beam or the rope, keep your body upright and straight.

**E-**When you hop over the hurdle, stop and jump with both feet.