Course: Physical Education

**GRADE LEVEL**: Grade 2 **LENGTH OF COURSE**:

**TEXT:** 

PUBLISHER: COPYRIGHT:

#### **COURSE DESCRIPTION:**

#### **AREAS OF STUDY:**

Wellness and Fitness Body and Spatial Awareness Movement Exploration Ball Handling Manipulative Skills Rhythmic Activities

#### **CURRICULUM WRITING TEAM:**

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**Course:** Physical Education **Grade Level**: Grade 2

**Unit:** Wellness and Fitness **PA Standard**: 10.4.3.A,B,C,D,E,F

10.5.3.A,B,C,D

Topics:	Skills:
Flexibility      Cardiovascular endurance	I. Flexibility  warm-up/cool-down stretching  yoga  II. Cardiovascular Endurance  daily jog/walk or locomotor movement (increase time throughout the year)
III. Muscular strength	<ul> <li>jump rope</li> <li>aerobic activity/game</li> <li>IV. Muscular strength</li> <li>upper body</li> <li>wall apparatus</li> <li>sustain a push-up position</li> <li>abdominal</li> <li>legs</li> </ul>
Activities:	Performance Assessment:
Teacher or student led stretches Discuss importance of warm-up and cool-down Jog/walk Pacing Sustained push-ups Upper body fitness mat Wall apparatus	Participations Teacher observation Formative assessment (pre-post) 1-minute sit-up test Discussion Timed run Skill checklists

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**Unit:** Body and Spatial Awareness **PA Standard**: 10.4.3.A,B,E,F

10.5.3.A,B,C,E

Topics:	Skills:
I. Self-space	Self-space     Show appropriate self-spacing, automatically
II. General space	<ul> <li>II. General space</li> <li>safe movement</li> <li>demonstration skills of chasing, fleeing, dodging to avoid others</li> </ul>
III. Body awareness	<ul> <li>III. Body Awareness</li> <li>relationship of self and others while moving and avoiding others</li> <li>balance on one foot</li> </ul>
Activities:	Performance Assessment:
Demonstrate self-space	Teacher observation
Demonstrate/practice	Participation
Perform locomotor combinations Games Body control Social and cooperative activities Sensitivity to others feelings in regard to physical activity and ability	Timed balance activity

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**Unit:** Movement Exploration **PA Standard**: 10.4.3.A,B,C,D,E,F

10.5.3.A,B,C,D

Topics:	Skills:
Locomotor movements      Non-locomotor movements	I. Locomotor movements
Activities:	Performance Assessment:
Demonstration knowledge of and perform skills	Teacher observation Skill checklist (critical elements) Participation Partner observation Demonstrate cooperative partner behavior in regard to differences (e.g gender, physical differences, race) Socially acceptable conflict resolution

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**Unit:** Ball Handling **PA Standard**: 10.4.3.A,D,E,F

10.5.3.A,C,E,F

Topics	:	Skills:
	Exploration	Exploration     around, over, under     moving the ball with different
11.	Throwing and catching a variety of objects	body parts  II. Throwing and catching  underhand throw  pendulum swing  output  built  colored  colore
		<ul> <li>follow through to target</li> <li>overhand throw</li> <li>hip/shoulder to target</li> <li>bring ball to ear</li> <li>step with opposite foot and twist body</li> </ul>
		<ul> <li>4. release object and follow through to body</li> <li>catching</li> <li>1. eyes on object</li> <li>2. face partner</li> <li>3. eyes follow the object</li> <li>4. position body in front of the object</li> </ul>
III.	Tossing	5. give as you catch III. Tossing  • bean bags
IV.	Rolling	variety of objects  IV. Rolling  Apple of the problem.
		<ul><li>hand position</li><li>step with opposite foot</li><li>swing</li><li>release/follow through</li></ul>
V.	Dribbling	V. Dribbling  • hand  1. switch hands  2. dribble/pivot  3. run and dribble  • foot  1. toe tap  2. foundation  3. scissor
		<ul><li>with a stick</li><li>1. tap</li></ul>

Topics: (continued)	Skills: (continued)
VI. Kicking  VII. Trapping	VI. Kicking  • stationary/rolling ball  1. run & kick  2. plant foot  3. swing  4. follow through  VII. Trapping  • bottom of the foot  • inside of the foot  • outside of the foot  1. keep eyes on ball  2. move to the ball
VIII. Striking/Flicking	3. turn foot to contact the ball  VIII. Striking/Flicking  • hand  1. stationary  2. tossed object  3. moving object  • with bat  1. off a tee  2. pitched ball  • racquet  • hockey stick (pillo-softee)  1. stationary ball  2. ball hit from partner
Activities:	Performance Assessment:
Varity of equipment – child selects object to discover and explore moving the object Discussion and demonstration Partner and self check of critical elements Targets to toss objects at Rolling a ball to your partner Rolling a ball to knock over bottles Discussion and demonstrates one hand dribble Practice and feedback	Teacher observation Checklist of critical elements Participation Partner observation and checklist completion

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**Unit:** Manipulative Skills **PA Standard**: 10.4.3.A,D,E,F

10.5.3.A,B,C,E,F

Topics:	Skills:
Manipulative movement activities	Identify and perform locomotor, non- locomotor and manipulative fundamental movement patterns
Activities:	Performance Assessment:
Parachute Jump ropes Long jump ropes Hula hoops Paddles Scooters Juggling (i.e., scarves, streamers, beanbags, etc.) Frisbee	Teacher observation Student checklist Critical elements

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**Unit:** Rhythmic Activities **PA Standard**: 10.4.3.A,D,E

10.5.3.A

Topics:	Skills:
Basic movements, rhythmic exercises, musical activities	Apply basic movement patterns during various musical and/or dance activities
Activities:	Performance Assessment:
Basic/creative movements through music (i.e., Hokey Pokey) Current dance movements Student-creative dance movements to music	Teacher observation Participation