

Wallenpaupack Area School District

Course: Physical Education

GRADE LEVEL: Grade 2

LENGTH OF COURSE:

TEXT:

PUBLISHER:

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COURSE DESCRIPTION:

AREAS OF STUDY:

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

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Wallenpaupack Area School District

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

<p>Topics:</p> <p>I. Flexibility</p> <p>II. Cardiovascular endurance</p> <p>III. Muscular strength</p>	<p>Skills:</p> <p>I. Flexibility</p> <ul style="list-style-type: none"> • warm-up/cool-down stretching • yoga <p>II. Cardiovascular Endurance</p> <ul style="list-style-type: none"> • daily jog/walk or locomotor movement (increase time throughout the year) • jump rope • aerobic activity/game <p>IV. Muscular strength</p> <ul style="list-style-type: none"> • upper body <ol style="list-style-type: none"> 1. wall apparatus 2. sustain a push-up position • abdominal • legs
<p>Activities:</p> <p>Teacher or student led stretches</p> <p>Discuss importance of warm-up and cool-down</p> <p>Jog/walk</p> <p>Pacing</p> <p>Sustained push-ups</p> <p>Upper body fitness mat</p> <p>Wall apparatus</p> <ul style="list-style-type: none"> • pull-ups/arm hang • climbing ladder <p>Sit-ups</p> <p>Reinforce components of health related fitness</p> <p>Recognize changes in the body in response to exercise</p>	<p>Performance Assessment:</p> <p>Participations</p> <p>Teacher observation</p> <p>Formative assessment (pre-post)</p> <p>1-minute sit-up test</p> <p>Discussion</p> <p>Timed run</p> <p>Skill checklists</p>

Wallenpaupack Area School District

Course: Physical Education

Grade Level: Grade 2

Unit: Body and Spatial Awareness

PA Standard: 10.4.3.A,B,E,F
10.5.3.A,B,C,E

<p>Topics:</p> <p>I. Self-space</p> <p>II. General space</p> <p>III. Body awareness</p>	<p>Skills:</p> <p>I. Self-space</p> <ul style="list-style-type: none"> • Show appropriate self-spacing, automatically <p>II. General space</p> <ul style="list-style-type: none"> • safe movement • demonstration skills of chasing, fleeing, dodging to avoid others <p>III. Body Awareness</p> <ul style="list-style-type: none"> • relationship of self and others while moving and avoiding others • balance on one foot
<p>Activities:</p> <p>Demonstrate self-space</p> <p>Demonstrate/practice</p> <p>Perform locomotor combinations</p> <p>Games</p> <p>Body control</p> <p>Social and cooperative activities</p> <p>Sensitivity to others feelings in regard to physical activity and ability</p>	<p>Performance Assessment:</p> <p>Teacher observation</p> <p>Participation</p> <p>Timed balance activity</p>

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Topics: (continued)	Skills: (continued)
<p>VI. Kicking</p> <p>VII. Trapping</p> <p>VIII. Striking/Flicking</p>	<p>VI. Kicking</p> <ul style="list-style-type: none"> • stationary/rolling ball <ol style="list-style-type: none"> 1. run & kick 2. plant foot 3. swing 4. follow through <p>VII. Trapping</p> <ul style="list-style-type: none"> • bottom of the foot • inside of the foot • outside of the foot <ol style="list-style-type: none"> 1. keep eyes on ball 2. move to the ball 3. turn foot to contact the ball <p>VIII. Striking/Flicking</p> <ul style="list-style-type: none"> • hand <ol style="list-style-type: none"> 1. stationary 2. tossed object 3. moving object • with bat <ol style="list-style-type: none"> 1. off a tee 2. pitched ball • racquet • hockey stick (pillo-softee) <ol style="list-style-type: none"> 1. stationary ball 2. ball hit from partner
Activities:	Performance Assessment:
<p>Variety of equipment – child selects object to discover and explore moving the object</p> <p>Discussion and demonstration</p> <p>Partner and self check of critical elements</p> <p>Targets to toss objects at</p> <p>Rolling a ball to your partner</p> <p>Rolling a ball to knock over bottles</p> <p>Discussion and demonstrates one hand dribble</p> <p>Practice and feedback</p>	<p>Teacher observation</p> <p>Checklist of critical elements</p> <p>Participation</p> <p>Partner observation and checklist completion</p>

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Course: Physical Education

Grade Level: Grade 2

Unit: Manipulative Skills

PA Standard: 10.4.3.A,D,E,F
10.5.3.A,B,C,E,F

Topics: Manipulative movement activities	Skills: Identify and perform locomotor, non-locomotor and manipulative fundamental movement patterns
Activities: Parachute Jump ropes Long jump ropes Hula hoops Paddles Scooters Juggling (i.e., scarves, streamers, beanbags, etc.) Frisbee	Performance Assessment: 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: Basic movements, rhythmic exercises, musical activities	Skills: Apply basic movement patterns during various musical and/or dance activities
Activities: Basic/creative movements through music (i.e., Hokey Pokey) Current dance movements Student-creative dance movements to music	Performance Assessment: Teacher observation Participation