

## **Second Grade Physical Education**

Updated November, 2017

### **Course Description:**

This course emphasizes how students move with one another in space. Students will learn to work cooperatively with a partner and as a team. Students will learn fitness concepts and participate in a variety of fitness development exercises. Students will learn to follow safety rules and learn to appropriately interact socially in an active setting.

### **BIG Ideas:**

- I will know 3 ways to stay FIT
- I will know the difference between loco motor and non-loco motor skills

### **Essential Learning Objectives:**

#### **ELO #1: *The Student will demonstrate movement skills and demonstrate body awareness***

- Perform efficient movement in activities to prevent injuries (PA3A2)
- Demonstrate locomotor skills in combinations (HM1A2)
- Demonstrate locomotor skills using patterns, levels, tempo, directions and pathways (HM1A2)
- Demonstrate non-locomotor skills in a variety of activities using different levels and speeds/with and without a partner (HM1B2)
- Demonstrate individual and partner manipulative skills in a stationary positions and moving (throwing, catching, kicking, striking, volleying and dribbling) (HM1C2)
- Distinguish between static and dynamic balance (one leg balance, forward roll) (HM1D2)

#### **ELO #2: *The student will demonstrate responsible personal and social behavior in physical activity settings***

- Follow rules, procedures and instructions with little reinforcement (PA2A2)
- Stop on command (PA2A2)
- Use equipment properly & safely
- Demonstrate independence and good use of time while participating in physical activity (PA2A2)
- Show appropriate sportsmanship and sensitivity to diversity and gender issues (PA2A2)
- Demonstrate proper techniques for a variety of fundamental skills (HM2A2)

#### **ELO #3: *The student will understand that physical activity provide the opportunity for enjoyment, challenge, self-expression & social interaction***

- Demonstrate ability to share (PA2A2)
- Demonstrate ability to cooperate (PA2A2)

- Explain 3 ways to stay fit (PA1A2)
- Tell why it is important to be physically active every day (PA1A2)
- Identify opportunities outside of school to participate regularly in physical activities (dance, jogging, kick, dribble, throw and catch) (PA1B2)
- Demonstrate motor skills and knowledge of rules while participating in low organized games. (HM1F2)

**ELO #4: *The students will be able to comprehend basic content terminology, principles and knowledge of how to continue to exhibit a physically active lifestyle***

- Describe the benefits of appropriate warm-up and cool-down activity. (PA1C2)
- Identify the parts of the circulatory and respiratory systems of the body (circulatory-heart, blood, veins, arteries; respiratory-lungs, mouth, nose, bronchial tubes, trachea) (PA1D2)
- Recognize the symptoms of breathing emergency (asthma, choking) and seek appropriate assistance (PA3D2)