

Teacher: CORE P.E. Grade 2

Year: 2010-11

Course: P.E. Grade 2

Month: All Months

S e p t e m b e r	LOCOMOTOR SKILLS							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How do locomotor skills help you to be healthy? How does moving improve your fitness?	Moving through Space Weight Transfer	Running Hopping Jumping Skipping Leap Walk Gallop	Gallop: one foot in front stays there Skip: hop-step - change your hopper Hop: 1 foot - 1 foot - 1 foot - other foot other foot Leap: one foot in foot - stays there- then both feet off ground at same time	Teacher observation and correction, peer assessment 9/30/2010	Warmup		PE.E.01.PI.A.03 PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement
	How does balance affect performance for everyday living.	<ul style="list-style-type: none"> <li>Balance</li> <li>Base of Support</li> <li>Body Control</li> <li>Center of Gravity</li> <li>Spatial Awareness</li> </ul>		Coordination				PE.E.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL

ACTIVITY,  
AND  
MAINTAIN  
PERSONAL  
HEALTH.

**CHASING AND DODGING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does chasing, fleeing and dodging help us in day to day living.	Spatial awareness chasing/fleeing/dodging jumping/landing skipping/galloping hopping/leaping balancing	Spatial awareness through locomotive movement. Large group teacher directed seven loco-motor skills. Movement education activities for static balancing. For example balancing on one,two,three body parts.					PE.E.01- PERSONAL HEALTH AND FITNESS: STUDENTS WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY, AND MAINTAIN PERSONAL HEALTH. PE.E.01.P1.A.03 PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement



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**DRIBBLING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Why is the skill of dribbling used in the games of basketball and soccer.	Dribbling: -Stationary -Moving	Dribbling- Basketball - emphasis on fingertip control -develop hand/ eye coordination  Dribbling- Soccer -emphasis on foot control -develop foot/eye coordination		Teacher Observation, correction, peer assessment and self assessment 10/29/2010			PE.E.01.PI.A.01 PHYSICAL EDUCATION ~ participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.E.01.PI.A.03 PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement

**THROWING AND CATCHING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does throwing and catching help you develop eye-hand coordination	Throwing: -Underhand -Overhand	Execute point-step-throw procedure (point to target; step with same foot as					PE.E.02.PI.A.05 PHYSICAL EDUCATION ~ demonstrate care, consideration, and respect of self and others

		<p>pointing hand; throw with opposite hand) Throw underhand at least 2 feet at a target for accuracy</p> <p>Throw overhand at least 5 feet at a target for accuracy Demonstrate ball releasing skills (fast, slow)</p>					<p>during physical activity. PE.E.01.PI.A.01 PHYSICAL EDUCATION ~ participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.E.01.PI.A.02 PHYSICAL EDUCATION ~ develop physical fitness skills through regular practice, effort, and perseverance</p>
	<p>Catching: -Hand/Eye Coordination -1 and 2-Handed</p>	<p>Focus on object being tossed to student while reaching out to catch object</p> <p>Catch 2-handed when object is tossed from at least 4 feet away Catch 1-handed when object is tossed from at least 4 feet</p>					



		maximum contact with floor							
		Roll ball at target for accuracy							

How does throwing and catching help you develop eye-hand coordination	Throwing: -Underhand -Overhand	Execute point-step-throw procedure (point to target; step with same foot as pointing hand; throw with opposite hand) Throw underhand at least 2 feet at a target for accuracy  Throw overhand at least 5 feet at a target for accuracy					PE.E.02.PI.A.05 PHYSICAL EDUCATION ~ demonstrate care, consideration, and respect of self and others during physical activity. PE.E.01.PI.A.01 PHYSICAL EDUCATION ~ participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.E.01.PI.A.02 PHYSICAL EDUCATION ~ develop physical fitness skills through regular practice, effort, and perseverance
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**KICKING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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How is learning kicking skills applied to improving our daily moving skills.	Kicking: -Different Parts of Foot -Accuracy -Distance	Kick objects using 4 parts of foot-Inside  -Outside -Toe -Top (punt)  Kick objects aimed at target for accuracy  Kick objects at least 30 feet		Teacher Observation 3/17/2011				
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**STRIKING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards	
Can learning striking skills benefit academic areas as well as Physical Education activities?	Striking: --Stationary Objects --Hand/Eye Coordination --Moving Objects	Strike objects using striking forces (e.g., teeball bat, hand, hockey stick) Hit ball off tee emphasizing eye on ball and seeing ball and stick contact  Toss ball with self by striking upward with 1 and 2						



		hands to keep ball in the air							
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**ROLLING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Can Rolling Skills contribute to life skills as well as sport skills?	Rolling: - Balls	Rolling- Execute point, step, bend, roll  Roll ball for distance and maximum contact with floor  Roll ball at target for accuracy					

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**COOPERATIVE GAMES**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How do games help us to be physically fit? How do games help you learn how to work together	Obstacle/scooter relays Parachute  <ul style="list-style-type: none"> <li>• Keep away</li> <li>• Teamball</li> <li>• Prisoners Base</li> <li>• Tag</li> <li>• Pin Ball</li> <li>• Pin Kickball</li> <li>• Short</li> </ul>	Obstacle/ scooter activities with partners and large groups Parachute activities  <ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Throwing</li> <li>• Catching</li> <li>• Kicking</li> <li>• Striking</li> <li>• Team Concepts</li> </ul>		Teacher Observation 11/30/2010 Team and Individual Discussion 11/30/2010			PE.E.02.PI.A.03 PHYSICAL EDUCATION ~ work constructively with others to accomplish a variety of goals and tasks

	Stick Hockey	<ul style="list-style-type: none"> <li>Cooperation</li> </ul>					
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**EYE FOOT COORDINATION: KICKING**

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Does learning and practicing kicking skills produce improvement in personal development and spatial awareness?	-Discussion about what part of foot is used -using eyes, watching foot contact ball(implement) Differences in results of kicking (dribble, punt.pass) -	Kicking -Inside of foot -Long kick -Dribble -Passing -Accuracy Games Kicking ball tag  Chase,step tag Obstacle Course Kicking Partner Passing (kicking)		Teacher Observation 3/15/2011 Group Question answer 11/17/2010 Small group demonstration 11/17/2010			

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r** TUMBLING

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does tumbling improve our movement skills?  How does tumbling help our game	Safety Forward Roll Egg Rolls Log rolls Candelsticks Cartwheel Round Off 3 item Routine	Two hands always on the ground NO backward rolls Chin on the chest Never balancing on head		Teacher guided questions 3/15/2011 Teacher Observation 3/15/2011			PE.E.02.PI.A.05 PHYSICAL EDUCATION ~ demonstrate care, consideration, and respect of self and others during physical activity.

	skills?		only Teacher spotting for back rolls				
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J a n u a r y	KEEP AWAY ~ Keep Away							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How does the simple game of Keep Away apply to most Team Sports?	Intro to team sport.	Throwing Catching Team awareness		Team Discussion 3/15/2011 Teacher Guided question after Team Discussion 3/15/2011			PE.E.01.PI.A.01 PHYSICAL EDUCATION ~ participate in physical activities (games, sports, exercises) that provide conditioning for each fitness area PE.E.02.PI.A.01 PHYSICAL EDUCATION ~ contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities PE.E.02.PI.A.03 PHYSICAL EDUCATION ~ work constructively with others to accomplish a variety of goals and tasks

F e b r u a	Games Of Low Organization							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How do GAMES	Tag	Running		Teacher			PE.E.01.PI.A.03

r y	OF LOW ORGANIZATION influence Life Skills?	2 deep 3 deep Mr. Fox Shark Attack Individual Competitions	Tagging appropriately Following directions Counting		Observation 3/15/2011		PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement PE.E.02.PI.A.03 PHYSICAL EDUCATION ~ work constructively with others to accomplish a variety of goals and tasks
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M FITNESS

M a r c h	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How does Fitness affect our daily lives?	Cardiovascular Fitness Upperbody Strength Lowerbody Strength Flexibility	Locomotor warm ups Upperbody warmups Lowerbody warmups Flexibility warmups Partner Activities Games of Low Organization Basic skills - kicking throwing striking			Teacher Observation 3/15/2011 Student partner observation 3/15/2011		

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A p r i l	Ropes and Rings							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	<p>How does climbing the ropes improve upperbody strength?</p> <p>How does swinging on the ropes improve our strength.</p> <p>How does using the rings help us to get stronger?</p>	<p>Climbing Swinging Station Strength Safety</p>	<p>Climbing the Stationary Rope - Coordinating hands and legs -Climb up - climb down -Do not slide down -Spotter (rope holder) -Set a height limit if applicable</p> <p>Swinging on the Ropes -Swing out land on the mat - on your feet -Hand the rope to the next person</p> <p>Inverted strength skills on the stationary rings i.e. Skin the Cat Teacher spotting participation required</p> <p>Matting required</p>		<p>Teacher Observation 3/17/2011 Class discussion before and after activity 3/17/2011</p>			<p>PE.E.02.PI.A.01 PHYSICAL EDUCATION ~ contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities PE.E.02.PI.A.03 PHYSICAL EDUCATION ~ work constructively with others to accomplish a variety of goals and tasks PE.E.02.PI.A.04 PHYSICAL EDUCATION ~ know how injuries from physical activity can be prevented or treated</p>

M a y	Stations							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	How does using stations reinforce the skills we learn during the school year?	<ol style="list-style-type: none"> <li>1. climbing</li> <li>2. swinging</li> <li>3. locomotor</li> <li>4. throwing</li> <li>5. catching</li> <li>6. eye-foot coordination</li> <li>7. Hand-eye coordination</li> <li>8. group game</li> </ol>	<ul style="list-style-type: none"> <li>• Transverse wall climbing</li> <li>• rope swinging</li> <li>• target throwing</li> <li>• partner catch</li> <li>• changing stations using locomotor skills</li> <li>• kicking</li> <li>• juggling</li> <li>• tag</li> </ul>		<p>Teacher observation for the daily station 5/2/2011</p> <p>Teacher observation for the yearlong learning 5/3/2011</p>			<p>PE.E.01.PI.A.03 PHYSICAL EDUCATION ~ demonstrate mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement</p> <p>PE.E.02.PI.A.03 PHYSICAL EDUCATION ~ work constructively with others to accomplish a variety of goals and tasks</p>

J u n e	Outdoor Activities							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	No question written How do outdoor activities give skills an added advantage?	<ul style="list-style-type: none"> <li>• Running</li> <li>• catching</li> <li>• throwing</li> <li>• team game</li> <li>• sticking</li> </ul>	<ul style="list-style-type: none"> <li>• Partner Race</li> <li>• Partner Catching</li> <li>• Throwing for distance</li> <li>• Soccer</li> <li>• Hitting ball off tee ball</li> <li>• Tag</li> <li>• Football</li> </ul>		Teacher Observation 6/1/2011			<p>PE.E.02.PI.A.01 PHYSICAL EDUCATION ~ contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities</p> <p>PE.E.02.PI.A.03 PHYSICAL EDUCATION ~</p>

								work constructively with others to accomplish a variety of goals and tasks
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