

Second Grade P.E. Curriculum

Curriculum Heading	District Curriculum Statement	Aligned State Standards	Teacher Resources	Performance Indicators
Physical Competency	Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.	<b>19.A.1</b>	Cones, Gator Skin balls, Yarn Balls, Bean Bags, Scarves, Poly Spots	<ol style="list-style-type: none"> <li>1. Recognize the safety factors associated with participating in physical development of activities.</li> <li>2. Discuss cues that enhance the development of selected manipulative skills.</li> <li>3. Demonstrate basic locomotor, non-locomotor, and manipulative skills using developmentally appropriate form.</li> <li>4. Demonstrate an awareness of others while moving in general and/or personal space.</li> </ol>
Movement Awareness	Understand spatial awareness and objects and people.	<b>19.B.1</b>	Bosu's, Swiss Exercise Balls, Wobble Boards, Balance Beam	<ol style="list-style-type: none"> <li>1. Identify personal space.</li> <li>2. Demonstrate a combination two simple weight bearing and/or balance movements or activities.</li> <li>3. Distinguish between moving behind, ahead of, next to, near to, over, under, on, through, beside.</li> <li>4. Participate in dodging/fleeing activities in slower speeds without running into others or objects.</li> </ol>
Rules and Safety	Demonstrate safe movement in physical activities.	<b>19.C.1</b>	Teacher Directed Activities Regarding Rules & Procedures	<ol style="list-style-type: none"> <li>1. Apply class rules, procedures, and safety practices.</li> <li>2. Choose between safe and unsafe practices/behaviors.</li> <li>3. Identify safety procedures when participating in a group physical activity.</li> <li>4. Move with an awareness of others in general space.</li> </ol>

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Personal Fitness	Identify characteristics of health-related fitness (e.g., flexibility, muscular strength).	<b>20.A.1a</b>	Teacher Directed Discussion & Activities	<ol style="list-style-type: none"> <li>1. Identify safe and unsafe exercise practices.</li> <li>2. Identify activities that help improve health-related fitness.</li> <li>3. Identify activities that will change your heart rate.</li> <li>4. Discuss changes that take place in the body after physical activity.</li> </ol>
Personal Fitness	Engage in sustained physical activity that causes increased heart rate, muscle strength and range of movement.	<b>20.A.1b</b>	Teacher Directed Activities	<ol style="list-style-type: none"> <li>1. Participate in health-related fitness activities.</li> </ol>
Personal Fitness	Describe immediate effects of physical activity on body (e.g., faster heartbeat, increased pulse rate, increased breathing rate).	<b>20.B.1</b>	Teacher Directed Discussion & Activities	<ol style="list-style-type: none"> <li>1. Recall the immediate effects of exercise on the body.</li> <li>2. Participate in health related fitness activity.</li> <li>3. Identify personal preferences related to physical activity.</li> </ol>
Personal Fitness	Identify a realistic health-related goal.	<b>20.C.1.</b>	Teacher Directed Activities	<ol style="list-style-type: none"> <li>1. Participate in teacher directed activities that can develop health-related fitness goals.</li> <li>2. Discuss behavioral choices that impact wellness levels.</li> </ol>
Safety/Rules and Procedures	Follow directions and class procedures while participating in physical activities.	<b>21.A.1a</b>	Teacher Directed Discussion on Rules & Safety Practices	<ol style="list-style-type: none"> <li>1. Recall the class procedures followed for participation in physical activity.</li> <li>2. Repeat the safety procedures followed when participating in physical activity.</li> <li>3. Follow directions when participating in physical activity</li> </ol>
Safety/Rules and Procedures	Use Identified procedures and safe practices with little or no reinforcement during group physical activities.	<b>21.A.1b</b>	Self Management	<ol style="list-style-type: none"> <li>1. Participate safely in physical activity.</li> <li>2. Choose between safe and unsafe practices and/or behavior.</li> </ol>

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Safety/Rules and Procedures	Work independently on tasks for short periods of time	<b>21.A.1c</b>	Individual Roles Within Group Activities	<ol style="list-style-type: none"> <li>1. Perform independently when participating in a physical activity.</li> <li>2. Complete a task when participating in physical activity</li> </ol>
Safety/Rules and Procedures	Work cooperatively with another to accomplish an assigned task.	<b>21.B.1</b>	Cooperative Learning	<ol style="list-style-type: none"> <li>1. Repeat safety practices and/or behaviors when working with a partner during physical activity.</li> <li>2. Demonstrate the ability to work cooperatively with a partner or small group during physical activity.</li> <li>3. Complete a task when working with a partner or group with some teacher intervention during physical activity.</li> </ol>