

Grade 2

2017 – 2018

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 13	1	PE.2.C.2.2 Identify safety rules and procedures for selected physical activities. ALL YEAR PE.2.R.5.2 List ways to safely handle physical activity equipment. ALL YEAR	PE.2.C.2.2 PE.2.R.5.2
	2	PE.2.R.5.4 Identify ways to successfully resolve conflict with others. ALL YEAR	PE.2.R.5.4
	3	PE.2.L.4.7 Identify appropriate stretching exercises. ALL YEAR PE.2.C.2.8 Explain the importance of warm-up and cool down activities.	PE.2.L.4.7 PE.2.C.2.8
	4	PE.2.M.1.1 Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.	PE.2.M.1.1
	5	PE.2.C.2.1 Describe the critical elements of locomotor skills.	PE.2.C.2.1
	6	PE.2.C.2.7 Describe movement concepts. ALL YEAR	PE.2.C.2.7
	7	PE.2.C.2.6 Apply teacher feedback to effect change in performance. ALL YEAR	PE.2.C.2.6
	8	PE.2.M.1.12 Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.	PE.2.M.1.12
	9	PE.2.L.3.8 Identify the proper crossing sequence.	PE.2.L.3.8
Quarter 2 Oct 17 – Dec 21	1	PE.2.M.1.8 Demonstrate an overhand-throwing motion for distance demonstrating correct technique and accuracy. PE.2.M.1.7 Move in different directions to catch a variety of objects softly tossed by a stationary partner. PE.2.M.1.5 Dribble with hands and feet in various pathways, directions and speeds around stationary objects.	PE.2.M.1.8 PE.2.M.1.7 PE.2.M.1.5

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	2	PE.2.M.1.2 Strike an object continuously using body parts both upward and downward.	PE.2.M.1.2
	3	PE.2.M.1.3 Strike an object continuously using a paddle/racket both upward and downward.	PE.2.M.1.3
	4	PE.2.M.1.4 Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction.	PE.2.M.1.4
	5	PE.2.C.2.9 Define offense and defense.	PE.2.C.2.9
	6	PE.2.C.2.5 Explain how appropriate practice improves the performance of movement skills.	PE.2.C.2.5
	7	PE.2.L.3.4 Identify opportunities for involvement in physical activities after the school day.	PE.2.L.3.4
	8	PE.2.R.5.1 Identify ways to cooperate with others regardless of personal differences during physical activity. ALL YEAR PE.2.R.5.3 Describe the personal feelings resulting from challenges, successes, and failures in physical activity.	PE.2.R.5.1 PE.2.R.5.3
	9	PE.2.R.6.1 Identify ways to use physical activity to express feelings. PE.2.R.6.3 Identify ways to contribute as a member of a cooperative group. ALL YEAR	PE.2.R.6.1 PE.2.R.6.3
	Week	Major Concepts / Topics	Possible Resources
Quarter 3 Jan 8 – Mar 15	1	PE.2.L.4.2 Discuss the components of health-related physical fitness. PE.2.L.3.7 Identify healthful benefits that result from regular participation in physical activity.	PE.2.L.4.2 PE.2.L.3.7
	2	PE.2.L.3.1 Identify a moderate physical activity.	PE.2.L.3.1
	3	PE.2.L.3.2 Identify a vigorous physical activity.	PE.2.L.3.2
	4	PE.2.L.4.5 Identify the physiological signs of moderate to vigorous physical activity.	PE.2.L.4.5
	5	PE.2.L.4.3 Identify that a stronger heart muscle can pump more blood with each beat.	PE.2.L.4.3

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		PE.2.L.4.4 Identify why sustained physical activity causes an increased heart rate and heavy breathing.	
	6	PE.2.L.4.1 Identify how muscular strength in endurance enhances performance in physical activity.	PE.2.L.4.1
	7	PE.2.L.4.6 Identify benefits of participation in informal physical fitness assessment.	PE.2.L.4.6
	8	PE.2.L.3.5 Set and meet physical-activity goals.	PE.2.L.3.5
	9	PE.2.L.4.8 Categorize food into food groups.	PE.2.L.4.8

Quarter 4 April 2 – May 24	Week	Major Concepts / Topics	Possible Resources
	1	PE.2.M.1.6 Perform a variety of fundamental aquatics skills.	PE.2.M.1.6
	2	PE.2.C.2.4 Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.	PE.2.C.2.4
	3	PE.2.M.1.9 Perform one folk or line dance accurately.	PE.2.M.1.9
	4	PE.2.M.1.10 Demonstrate a sequence of a balance, a roll and a different balance with correct technique and smooth transitions.	PE.2.M.1.10
	5	PE.2.M.1.11 Perform at least one skill that requires the transfer of weight to hands.	PE.2.M.1.11
	6	PE.2.L.3.3 Identify opportunities for involvement in physical activities during the school day.	PE.2.L.3.3
	7	PE.2.L.3.6 Identify how opportunities for participation in physical activities change during the seasons.	PE.2.L.3.6
	8	PE.2.R.6.2 Discuss the relationship between skill competence and enjoyment.	PE.2.R.6.2
9	PE.2.C.2.3 Utilize technology to enhance experiences in physical education.	PE.2.C.2.3	

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