

## Grade 2

2018 – 2019

	Week	Major Concepts / Topics	Possible Resources
Quarter 1 Aug 10 – Oct 12	1	PE.2.C.2.2 Identify safety rules and procedures for selected physical activities. <b>ALL YEAR</b> PE.2.R.5.2 List ways to safely handle physical activity equipment. <b>ALL YEAR</b>	<a href="#">PE.2.C.2.2</a> <a href="#">PE.2.R.5.2</a>
	2	PE.2.R.5.4 Identify ways to successfully resolve conflict with others. <b>ALL YEAR</b>	<a href="#">PE.2.R.5.4</a>
	3	PE.2.L.4.7 Identify appropriate stretching exercises. <b>ALL YEAR</b> PE.2.C.2.8 Explain the importance of warm-up and cool down activities.	<a href="#">PE.2.L.4.7</a> <a href="#">PE.2.C.2.8</a>
	4	PE.2.M.1.1 Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.	<a href="#">PE.2.M.1.1</a>
	5	PE.2.C.2.1 Describe the critical elements of locomotor skills.	<a href="#">PE.2.C.2.1</a>
	6	PE.2.C.2.7 Describe movement concepts. <b>ALL YEAR</b>	<a href="#">PE.2.C.2.7</a>
	7	PE.2.C.2.6 Apply teacher feedback to effect change in performance. <b>ALL YEAR</b>	<a href="#">PE.2.C.2.6</a>
	8	PE.2.M.1.12 Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.	<a href="#">PE.2.M.1.12</a>
	9	PE.2.L.3.8 Identify the proper crossing sequence.	<a href="#">PE.2.L.3.8</a>
Quarter 2 Oct 15 – Dec 21	Week	Major Concepts / Topics	Possible Resources
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.	<a href="#">PE.2.M.1.8</a> <a href="#">PE.2.M.1.7</a>  <a href="#">PE.2.M.1.5</a>	

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	2	PE.2.M.1.2 Strike an object continuously using body parts both upward and downward.	<a href="#">PE.2.M.1.2</a>
	3	PE.2.M.1.3 Strike an object continuously using a paddle/racket both upward and downward.	<a href="#">PE.2.M.1.3</a>
	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.	<a href="#">PE.2.M.1.4</a>
	5	PE.2.C.2.9 Define offense and defense.	<a href="#">PE.2.C.2.9</a>
	6	PE.2.C.2.5 Explain how appropriate practice improves the performance of movement skills.	<a href="#">PE.2.C.2.5</a>
	7	PE.2.L.3.4 Identify opportunities for involvement in physical activities after the school day.	<a href="#">PE.2.L.3.4</a>
	8	PE.2.R.5.1 Identify ways to cooperate with others regardless of personal differences during physical activity. <b>ALL YEAR</b>	<a href="#">PE.2.R.5.1</a>
		PE.2.R.5.3 Describe the personal feelings resulting from challenges, successes, and failures in physical activity.	<a href="#">PE.2.R.5.3</a>
	9	PE.2.R.6.1 Identify ways to use physical activity to express feelings.	<a href="#">PE.2.R.6.1</a>
PE.2.R.6.3 Identify ways to contribute as a member of a cooperative group. <b>ALL YEAR</b>		<a href="#">PE.2.R.6.3</a>	
Quarter 3 Jan 7 – Mar 14	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
	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.	<a href="#">PE.2.L.4.2</a> <a href="#">PE.2.L.3.7</a>
	2	PE.2.L.3.1 Identify a moderate physical activity.	<a href="#">PE.2.L.3.1</a>
	3	PE.2.L.3.2 Identify a vigorous physical activity.	<a href="#">PE.2.L.3.2</a>
	4	PE.2.L.4.5 Identify the physiological signs of moderate to vigorous physical activity.	<a href="#">PE.2.L.4.5</a>
	5	PE.2.L.4.3 Identify that a stronger heart muscle can pump more blood with each beat.	<a href="#">PE.2.L.4.3</a> <a href="#">PE.2.L.4.4</a>

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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.	<a href="#">PE.2.L.4.1</a>
	7	PE.2.L.4.6 Identify benefits of participation in informal physical fitness assessment.	<a href="#">PE.2.L.4.6</a>
	8	PE.2.L.3.5 Set and meet physical-activity goals.	<a href="#">PE.2.L.3.5</a>
	9	<b>PE.2.L.4.8 Categorize food into food groups.</b>	<a href="#">PE.2.L.4.8</a>
	<b>Week</b>	<b>Major Concepts / Topics</b>	<b>Possible Resources</b>
Quarter 4 March 25 – May 24	1	PE.2.M.1.6 Perform a variety of fundamental aquatics skills.	<a href="#">PE.2.M.1.6</a>
	2	PE.2.C.2.4 Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.	<a href="#">PE.2.C.2.4</a>
	3	PE.2.M.1.9 Perform one folk or line dance accurately.	<a href="#">PE.2.M.1.9</a>
	4	PE.2.M.1.10 Demonstrate a sequence of a balance, a roll and a different balance with correct technique and smooth transitions.	<a href="#">PE.2.M.1.10</a>
	5	PE.2.M.1.11 Perform at least one skill that requires the transfer of weight to hands.	<a href="#">PE.2.M.1.11</a>
	6	PE.2.L.3.3 Identify opportunities for involvement in physical activities during the school day.	<a href="#">PE.2.L.3.3</a>
	7	PE.2.L.3.6 Identify how opportunities for participation in physical activities change during the seasons.	<a href="#">PE.2.L.3.6</a>
	8	PE.2.R.6.2 Discuss the relationship between skill competence and enjoyment.	<a href="#">PE.2.R.6.2</a>
	9	PE.2.C.2.3 Utilize technology to enhance experiences in physical education.	<a href="#">PE.2.C.2.3</a>

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