

Physical Education in Second Grade

Concepts and Skills Introduced in Quarter 1

- Describe the critical elements of locomotor skills. **i.e.**, jumping begins and ends on two feet.
- Identify safety rules and procedures for selected physical activities. **i.e.**, students stand a safe distance away from a student swinging a bat during striking activities. (All Year)
- Apply teacher feedback to effect change in performance.
- Describe movement concepts. **i.e.**, directions, pathways, and levels.
- Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.
- Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.
- Identify ways to cooperate with others regardless of personal differences during physical activity. (All Year)
- List ways to safely handle physical-activity equipment. (All Year)
- Describe the personal feelings resulting from challenges, successes, and failures in physical activity. (All Year)
- Identify ways to contribute as a member of a cooperative group. (All Year)

Concepts and Skills Introduced Quarter 2

- Explain how appropriate practice improves the performance of movement skills.
- Identify a moderate physical activity.
- Identify a vigorous physical activity.
- Identify appropriate stretching exercises.
- Strike an object continuously using a paddle/racket both upward and downward.
- Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction.
- Dribble with hands/feet in various pathways, directions and speeds around stationary objects.
- Move in different directions to catch a variety of objects softly tossed by a stationary partner.
- Perform one folk or line dance accurately.
- Identify ways to use physical activity to express feeling.
- Describe ways to prevent childhood injuries in the home, school, & community settings.

Concepts and Skills Introduced Quarter 3

- Discuss the components of health-related physical fitness.
- Categorize food into food groups.
- Discuss the relationship between skill competence and enjoyment.

Concepts and Skills Introduced Quarter 4

- Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.