



# Elementary Physical Education

## 2022-2023 Scope and Sequence

### NCDPI Healthful Living: Grade 2

#### OVERVIEW

*The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.*

#### North Carolina Essential Standards – Physical Education

MS = MOTOR SKILLS

MC = MOVEMENT CONCEPTS

HF = HEALTH-RELATED FITNESS

PR = PERSONAL/SOCIAL RESPONSIBILITY

Grade	NC Essential Standards	Clarifying Objectives
2 <sup>nd</sup> GRADE Motor Skills (MS)	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p><b>PE.2.MS.1.1</b> Execute combinations of locomotor skills in different pathways, levels, or directions.</p> <p><b>PE.2.MS.1.2</b> Execute a variety of manipulative skills while maintaining good balance and follow-through.</p> <p><b>PE.2.MS.1.3</b> Generate smooth and timely transitions between sequential locomotor skills.</p> <p><b>PE.2.MS.1.4</b> Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.</p>
2 <sup>nd</sup> GRADE Movement Concepts (MC)	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	<p><b>PE.2.MC.2.1</b> Use equipment to illustrate multiple movement concepts.</p> <p><b>PE.2.MC.2.2</b> Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.</p> <p><b>PE.2.MC.2.3</b> Explain the value of feedback in improving motor performance.</p> <p><b>PE.2.MC.2.4</b> Illustrate activities that are associated with three or more of the five components of health-related fitness.</p>
2 <sup>nd</sup> GRADE Health-Related Fitness (HF)	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	<p><b>PE.2.HF.3.1</b> Recognize three or more of the five health-related fitness assessments and the associated exercises.</p> <p><b>PE.2.HF.3.2</b> Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.</p> <p><b>PE.2.HF.3.3</b> Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.</p>
2 <sup>nd</sup> GRADE Personal/Social Responsibility (PR)	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	<p><b>PE.2.PR.4.1</b> Explain the value of working cooperatively in group settings.</p> <p><b>PE.2.PR.4.2</b> Summarize the benefits of positive social interaction to make activities more enjoyable.</p> <p><b>PE.2.PR.4.3</b> Use safe practices when engaging in physical education activities with little or no prompting.</p>