

**2023 ~ 2024**  
**2<sup>nd</sup> Grade Physical Education ~ Year-at-a-Glance**

Standard	Aug	September	October	November	December	January	February	March	April	May
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<b>Movement Competency and Understanding</b>	<p><b><u>Moving in Different Ways: Motor Combinations &amp; Transitions</u></b> (elements of movement in combination with a variety of locomotor, non-manipulative skills, transitions between motor skills such as running into a jump) <b>6 - 9 Lessons</b></p> <p><b><u>Introduction to Chasing, Fleeing, Tagging &amp; Dodging</u></b> (rules, tactics &amp; safety considerations) <b>3 - 6 Lessons</b></p>	<p><b><u>2<sup>nd</sup> Grade Manipulatives</u></b> (extensions &amp; refinement of all target skills, throwing, catching, kicking &amp; trapping, skill cues, body mechanics, key vocabulary, skill transfer) <b>3 - 6 Lessons</b></p> <p><b><u>Getting Better: Learning to Move</u></b> (habits &amp; strategies that improve skill performance, using feedback, brain/body connections, practice habits) <b>2 - 4 Lessons</b></p>	<p><b><u>Not All Motion is Created Equal: Rhythmic &amp; Non-Rhythmic Movement</u></b> (moving to even &amp; uneven tempos using a variety of using of locomotor skills; long &amp; short rope skipping) <b>2 - 4 Lessons</b></p> <p><b><u>2<sup>nd</sup> Grade Manipulatives</u></b> (extensions &amp; refinement of all target skills, volleying, striking, trapping, hand &amp; foot dribbling, skill cues, body mechanics, key vocabulary, skill transfer) <b>6 - 9 Lessons</b></p> <p><b><u>Balance: Body Management &amp; Orientation</u></b> (control &amp; balance in both traveling &amp; weight bearing activities using a variety of body parts &amp; objects; balancing on lines or low beams, static &amp; dynamic balances) <b>3 - 6 Lessons</b></p>	<p><b><u>Combining Manipulative &amp; Locomotor Skills</u></b> (integrating skills into more complex games, contests &amp; movement challenges, activity based skills &amp; themes, solving more complex movement problems, combining manipulative &amp; locomotor skills such as throwing, or catching on the run) <b>6 - 9 Lessons</b></p> <p><b><u>2<sup>nd</sup> Grade Manipulatives</u></b> (using short &amp; long handled implements such as racquets, paddles, scoops and sticks, safe use, skill cues, body mechanics, key vocabulary, safety, body/brain connections) <b>6 - 9 Lessons</b></p>	
	<p><b>Concepts of time, force, flow, location, direction, pathways, extension &amp; levels:</b> Integrated with all locomotor, non-locomotor &amp; manipulative activities where appropriate</p> <p><b>Applied Learning: Integration of Skills into Simple Games, Contests, Relays &amp; Tournaments:</b> Activity themes based on the "Wheel" in Children Moving, integrated into all activities where appropriate</p>				
<b>Physical and Personal Wellness</b>	<p><b><u>Active Living: Achieving Healthy Levels of Physical Fitness</u></b> (connections between daily physical activity &amp; physical fitness; choices for day-to-day physical activity &amp; enjoyment, 60 minutes/day, rest) <b>2 - 4 Lessons</b></p>	<p><b><u>Nutrition: Eat Smart, Live Smart</u></b> (connections between healthy food choices good body &amp; brain health; foods that fuels the body, healthy vs. unhealthy snack choices &amp; the influence of media, family &amp; friends on those habits, the role of water) <b>2 - 4 Lessons</b></p>	<p><b><u>Physical Activity &amp; Mental Connections</u></b> (relationships between physical activity, mental health &amp; cognitive functioning; body/brain connections; healthy sleep habits) <b>2 - 4 Lessons</b></p>		
<b>Emotional and Social Wellness</b>	<p><b><u>Respecting Self &amp; Others: Getting Along With Others</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>          (work habits, self-management, taking turns, sharing equipment &amp; space, taking responsibility, responding to success &amp; challenges, teamwork, owning one's behavior &amp; decisions, respect for self &amp; others, respectful communication, solving differences, listening &amp; following directions, taking care of equipment, following gym rules, honoring the spirit-of-the-game, asking questions, participating as both a listener and contributor, speaking at appropriate times)</p>				
<b>Prevention and Risk Management</b>	<p><b><u>Getting Off to a Good Start</u></b> (Classroom Rules &amp; Procedures) <b>1 - 2 Lessons</b></p>	<p><b><u>Safe No Matter Where You Play</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>          (rules exist to create a safe &amp; fun place to learn &amp; play; rules learned in the gym can be applied on the playground or neighborhood, movement control for safe participation in games and sports; strategies for moving in groups &amp; as individuals, responding to "stop" &amp; "Go" signals, using equipment safely)</p> <p><b><u>The Space Around Me: Spatial Awareness</u></b> ➔ <b>Intentionally Taught &amp; Embedded Within All Activities as Appropriate</b>          (a developing understanding of moving safely as individuals, pairs, small &amp; large groups; adjusting ones speed according to game conditions; concepts of personal, general &amp; open space; maintaining safety within personal space while using implements)</p>			

ELA	Reading & Writing to Learn: Using Language as a Tool for Learning (P.E.: word walls, vocabulary for movement)	Identifying & Summarizing Main Ideas (P.E.: verbally summarizing rules or main goal of an activity)
Math	Addition & Subtraction	Geometry (P.E.: sequences, patterns, shapes) <span style="float: right;">Data Analysis (P.E.: estimate or assessment of skills)</span>
Social Studies	Respect for Self & Others (P.E.: need for rules & expectation to follow rules)	Civics: Leaders & Achievers (PE: responsibility of community/team members to reach group goals) <span style="float: right;">Community in the Classroom (PE: communication &amp; sharing)</span>
Science	Cause & Effect (P.E.: action/reaction principle, movement technique & control) <span style="float: right;">Cause &amp; Effect (P.E.: action/reaction principle, balance, starting/stopping, force, changing direction)</span>	

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