

SUBJECT: Physical Education		GRADE: 2	
UNIT TITLE: Locomotor Movements		TIMEFRAME:	
Unit Overview			
I can demonstrate competency in a variety of motor skills and movement patterns.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Critical Thinking: Unit Locomotor Movements, applies teacher feedback to locomotor movements. (S4A)		10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.	
COMPETENCIES		LEARNING TARGETS	
<u>Competency:</u> Locomotor Skills		I can walk, run, jump, hop, skip, gallop, side shuffle, leap, and karaoke/grapevine. (K1PEA1C1)	
<u>Competency:</u> Sport Related Manipulative Skills		I can dribble (hands, feet) kick, strike with implement, catch, roll, throw overhand and underhand during independent practice (K1PEA1C2)	
<u>Competency:</u> Movement Pattern		I can change speed and directions in a practice setting(K1PEA1C3)	

SUBJECT: Physical Education		GRADE: 2	
UNIT TITLE: Movement in Space		TIMEFRAME:	
UNIT OVERVIEW			
I can display spatial awareness skills			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Adaptability: Invasion Games Unit, moving safely in space. (D1A)		10.5.3 A. Recognize and use basic movement skills and concepts. B. Recognize and describe the concepts of motor skill development using appropriate vocabulary. F. Recognize and describe game strategies using appropriate vocabulary	
COMPETENCIES		LEARNING TARGETS	
Competency: Personal Space		● I can maintain personal space with an object in a game.(K1PEA2C1)	
Competency: Skill Related Fitness		● I can move in different directions.(K1PEA2C2)	

SUBJECT: Physical Education		GRADE: 2	
UNIT TITLE: Exercise and the Body		TIMEFRAME:	
UNIT OVERVIEW			
I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Resilience & Grit: Fitness Unit, various activities. (D4A)		10.5.3 D. Identify and use principles of exercise to improve movement and fitness activities	
COMPETENCIES		LEARNING TARGETS	
Competency: Body Response to Exercise		I can feel my heart beating faster. I start to feel thirsty because I am breathing hard. I get hot when I exercise. I feel my muscles being tired.(K1PEA3C1)	
Competency: Health Related Fitness		I understand that flexibility lets my body move freely.(K1PEA3C2)	

SUBJECT: Physical Education		GRADE: 2	
UNIT TITLE: Personal Responsibility		TIMEFRAME:	
UNIT OVERVIEW			
I can exhibit responsible personal and social behavior that respects myself and others.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Honesty, Integrity, & Responsibility: Cooperative Games Unit, continuous throughout the year. (D3A)		10.3.3 A. Recognize safe/unsafe practices in the home school and community. C. Recognize conflict situations and identify strategies to avoid or resolve.	
COMPETENCIES		LEARNING TARGETS	
Competency: Body response to Exercise		- I can feel my heart beating faster. (K1PEA3C1) - I start to feel thirsty because I am breathing hard. (K1PEA3C1) - I get hot when I exercise. (K1PEA3C1) - I feel my muscles being tired.(K1PEA3C1)	
Competency: Health related fitness		I understand flexibility lets my body move freely.(K1PEA3C2)	

SUBJECT: Physical Education		GRADE: 2	
UNIT TITLE: Benefits of Physical Activity		TIMEFRAME:	
UNIT OVERVIEW			
I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Healthy Living, Wellness, and Self Awareness Communication & Empathy: Fitness Unit, explaining benefits to other students. (S2A)		10.4.3 A. Identify and engage in physical activities that promote physical fitness and health. B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities. C. Know and recognize changes in body responses during moderate to vigorous physical activity.	
COMPETENCIES		LEARNING TARGETS	
Competency: Personal Value		Exercise makes my heart healthy and my muscles stronger so I can be physically active.(K1PEA5C1)	
Competency: Social Interaction and Enjoyment		I can play games and work together with friends.(K1PEA5C2)	

