



Physical Education Grade 2

THEME:		
STRAND	DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.	Report Card Language
TOPIC: Motor Skills/Movement Patterns		
POWER OBJECTIVE #1	Demonstrate locomotor and non-locomotor skills in a variety of ways.	
SUPPORTING INDICATORS	2.1A.1 Demonstrate all fundamental locomotor skills (walk, run, slide, gallop, hop, skip, jump, leap) using critical elements.	
	2.1A.2 Perform combinations of locomotor, non-locomotor, weight transfer and static and dynamic balance skills.	
	2.1A.3 Perform combinations of non-locomotor and locomotor skills in a movement pattern.	
	2.1A.4 Demonstrate static and balance skills as part of a movement pattern.	
	2.1A.5 Perform combinations of rolling and balance skills.	
	2.1A.6 Perform rhythmic dance steps and sequences.	
POWER OBJECTIVE #2	Demonstrate developing control of fundamental manipulative skills.	
SUPPORTING INDICATORS	2.1B.1 Throw overhand a variety of objects demonstrating a side orientation.	
	2.1B.2 Catch objects coming from different directions, heights and speeds.	
	2.1B.3 Strike a variety of objects with the hand or an implement with purpose to control force/direction.	
	2.1B.4 Kick a rolled or moving ball with the laces for power.	
	2.1B.5 Dribble a ball with hands and feet using variations in speed, direction, pathway and relationship with objects.	
	2.1B.6 Roll a ball or object to a moving target.	



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STRAND	APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.	Report Card
TOPIC: Movement Concepts		
POWER OBJECTIVE #3	Demonstrate knowledge of movement concepts related to body, space, effort and relationships.	
SUPPORTING INDICATOR	2.2A.1 Apply movement vocabulary of body, space, effort and relationships to complete movement tasks.	
	2.2A.2 Apply movement concepts to modify performance (e.g., use more body parts, keep the object closer).	
	2.2A.3 Apply different degrees of effort, force, speed and direction when directed by the teacher.	
	2.2A.4 Apply concepts of general and personal space to accomplish movement tasks in movement patterns, games and tasks.	
POWER OBJECTIVE #4	Demonstrate knowledge of critical elements of fundamental motor skills.	
SUPPORTING INDICATORS	2.2B.1 Differentiate between locomotor, non-locomotor and manipulative skills.	
	2.2B.2 Identify critical elements which lead to successful performance of locomotor, non-locomotor and manipulative skills.	
STRAND	DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.	Report Card Language
TOPIC: Physical Activity and Fitness		
POWER OBJECTIVE #5	Describes current level of physical activity and identifies additional physical activity opportunities.	



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SUPPORTING INDICATORS	2.3A.1 <i>Identify opportunities for physical activity at school, home and in the community.</i>	
	2.3A.2 <i>Track the amount of physical activity within the school day and compare it to the recommendation for daily physical activity.</i>	
	2.3A.3 <i>Suggest alternatives to unhealthy food and beverage choices related to physical activity.</i>	
POWER OBJECTIVE #6	Understand the principles, components and practices of health-related physical fitness.	
SUPPORTING INDICATORS	2.3B.1 <i>Recall activities that align with each component of health-related fitness.</i>	
	2.3B.2 <i>Name activities that increase heart rate.</i>	
	2.3B.3 <i>Identify ways to strengthen muscles.</i>	
	2.3B.4 <i>Identify ways to stretch muscles in the upper and lower body.</i>	
STRAND	EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.	Report Card Language
TOPIC: Responsible Behavior		
POWER OBJECTIVE #7	Demonstrate safe and responsible behavior in physical activity settings.	
SUPPORTING INDICATORS	2.4A.1 <i>Respond positively to reminders of appropriate safety procedures.</i>	
	2.4A.2 <i>Follow directions and handle equipment safely.</i>	
	2.4A.3 <i>Complete activities and take responsibility for actions.</i>	
	2.4A.4 <i>Explain rules related to safety and activity-specific procedures.</i>	
	2.4B.1 <i>Follow instructions and class procedures while participating in physical education activities.</i>	
	2.4B.2 <i>Demonstrate cooperation with others when resolving conflicts.</i>	
	2.4B.3 <i>Interact positively with others in partner and small group activities without regard to individual differences.</i>	
	2.4B.4 <i>Take turns using equipment or performing a task.</i>	
STRAND	RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.	Report Card Language
TOPIC: Values Physical Activity		



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POWER OBJECTIVE #8	Identifies reasons to value and participate in physical activity.	
SUPPORTING INDICATORS	2.5A.1 Identify specific health benefits from participation in daily physical activity.	
	2.5B.1 Discuss personal reasons (why?) for enjoying physical activity.	