

2-3 Physical Education Overview

The following learning targets represent the major concepts studied and assessed in this course.

Semester 1:

Unit 1: Locomotors

- **2nd Grade**
 - Runs with a mature pattern
- **3rd Grade**
 - Performs a sequence of locomotor skills, transitioning from one skill to another smoothly and with- out hesitation

Unit 2: Human Body

- **2nd Grade**
 - Identify human body systems (e.g. heart—circulatory system, lungs— respiratory system, muscle—muscular system, bones— skeletal system)
 - Show on the body a few of the major bones (e.g. patella, ribs, phalanges, femur)
- **3rd Grade**
 - Identify the parts of the circulatory and respiratory systems of the body (circulatory—heart, blood, veins, arteries; respiratory—lungs, mouth, nose bronchial, tubes, trachea)

Unit 3: Throwing/Catching

- **2nd Grade**
 - Throw a ball with different levels of force, toward a target, demonstrating an overhand technique, side orientation to the target, and stepping in opposition
 - Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body
- **3rd Grade**
 - Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern in non dynamic environments (closed skills), for distance and/or force
 - Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern

Unit 4: Ball Handling

- **2nd Grade**
 - Continuously dribble a ball, using the hands or feet, without losing control
- **3rd Grade**
 - Hand dribble and foot dribble a ball and maintain control while traveling within a group

Unit 5: Nutrition *Taught throughout year*

- **2nd Grade**
 - Recognizes that daily hydration choices relate to physical activity
- **3rd Grade**
 - Identifies foods and drinks that are beneficial or harmful before, during, and after physical activity

Unit 6: Volleying

- **2nd Grade**
 - Volleys an object upward with consecutive hits
- **3rd Grade**
 - Strikes/volleys an object with an underhand or sidearm striking pattern, sending it forward over a net, to the wall or over a line to a partner, while demonstrating 4 of the 5 critical elements of a mature pattern

Semester 2:

Unit 1: Jump Rope

- **2nd Grade**
 - Jumps a self-turned rope consecutively forward and backward with a mature pattern
- **3rd Grade**
 - Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes

Unit 2: Foot Skills

- **2nd Grade**
 - Dribbles with the feet in general space with control of ball and body
 - Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern
- **3rd Grade**
 - Foot dribble a ball and maintain control while traveling within a group

Unit 3: Striking with Implement

- **2nd Grade**
 - Strike a ball repeatedly with a paddle toward a target

- **3rd Grade**
 - Consistently strike a softly thrown ball with a bat or paddle demonstrating an appropriate grip, side to the target, and swing plane

Unit 4: Fitness

- **2nd Grade**
 - Identifies the recommended amount of physical activity for children
- **3rd Grade**
 - Recognizes the importance of warm-up & cool-down relative to vigorous physical activity