



## Unit Planner: Skill Activities PE 2

Last updated August 1, 2019

\*Archdiocesan Essential Curriculum > 2019-2020 > Grade 2 > Physical Education/Health > PE 2 (**EM**) > Week 15 - Week 26

### Skill Activities

Stage 1: Desired Results	
<p><b>General Information</b></p> <p>The unit map is flexible and can be completed at a time that is appropriate for your students. Students will demonstrate fundamental movement skills emphasizing individual skill themes including tossing, throwing, striking, and transferring weight. Students will demonstrate the ability to use principles of biomechanics to generate and control force. Students will demonstrate the ability to identify and recall the verbal and visual critical cues for fundamental movement skills to improve personal performance.</p>	<p><b>Essential Question(s)</b></p> <ul style="list-style-type: none"> <li>What factors affect the movement of objects?</li> <li>How can movement skills and movement skills with objects be used in a variety of physical activities?</li> <li>What are examples of movement and evasive skills?</li> </ul>
<p><b>Enduring Understandings and Knowledge</b></p> <p><b>Students will understand:</b></p> <ul style="list-style-type: none"> <li>static balance using symmetrical and asymmetrical shapes.</li> <li>the fundamental movement skills such as: throwing, catching, kicking, and striking.</li> <li>evasion skills of chasing, fleeing, and dodging in a variety of physical activities.</li> </ul>	<p><b>Skills</b></p> <p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>Demonstrate catching an overhand thrown object while stationary</li> <li>Demonstrate opposition and shoulder rotation when throwing overhand.</li> <li>Display transfer of weight when striking objects using various implements.</li> <li>Display how changing the angle of an object when thrown, kicked, or released changes the distance and direction it will travel.</li> <li>Show how to reduce the speed of a thrown object such as: bending the elbows when catching a ball.</li> <li>Explain and display the importance of a base of support and center of gravity when maintaining balance.</li> <li>Demonstrate the fundamental movement skills such as: throwing, catching, kicking, and striking.</li> <li>Demonstrate evasion skills of chasing, fleeing, and dodging in a variety of physical activities.</li> </ul>
<p><b>Connections to Catholic Identity / Other Subjects</b></p> <p><b>Science, Math</b></p> <ul style="list-style-type: none"> <li>Measure and record speed and distance of an object or person</li> </ul> <p><b>ELA</b></p> <ul style="list-style-type: none"> <li>Write up a simple game about movement and evasion skills</li> </ul>	<p><b>Vocabulary</b></p> <p>Stationary Implements Weight Transfer Angle of an Object Distance Direction Speed Symmetrical Asymmetrical</p>

	Base of Support Center of Gravity Balance Evasion Skills (Chase, Flee & Dodge)
--	---

## Standards & Frameworks Addressed

**MD: Physical Education (2009)**

**MD: Grade 2**

### **Skillfulness**

**Standard I: Skillfulness - Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.**

#### **A. Fundamental Movement**

##### **1. Show fundamental movement skills.**

- d. Demonstrate the fundamental movement skills such as: throwing, catching, kicking, and striking.
- e. Demonstrate evasion skills of chasing, fleeing, and dodging in a variety of physical activities.

#### **B. Creative Movement**

##### **1. Show creative movement.**

- c. Move the body symmetrically and asymmetrically while traveling in general space.

#### **C. Skill Themes**

##### **1. Show skill themes.**

- a. Demonstrate catching an overhand thrown object while stationary.
- b. Use and demonstrate opposition and shoulder rotation when throwing overhand.
- c. Display transfer of weight when striking objects using various implements.

### **Biomechanical Principles**

**Standard II: Biomechanical Principles - Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.**

#### **A. Effects on Objects**

##### **1. Identify ways that people and objects move.**

- a. Display how changing the angle of an object when thrown, kicked, or released changes the distance and direction it will travel.
- b. Show how to reduce the speed of a thrown object such as: bending the elbows when catching a ball.

#### **B. Balance**

##### **1. Identify balance through movement.**

- a. Show static balance using symmetrical and asymmetrical shapes.
- b. Explain and display the importance of a base of support and center of gravity when maintaining balance.

Copyright © 2015 MSDE.