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Vision: To Be a World-Class School System

Academic Plan

Curriculum and Staff Development Center

Course:	PE - 2nd Grade - 50150102
Textbook:	
School Year:	2013 - 2014
Revision Date:	Aug 16 2010 2:35PM
Print Date:	Thursday, September 05, 2013 2:09:51 PM

Quarterly Guides

Quarter – 1 Guide	Quarter – 2 Guide
<ul style="list-style-type: none"> 1 - Safety Rules and Class Procedures 2 - Partner Cooperation and Sportsmanship 3 - Spatial Awareness 4 - Demonstrates basic locomotor skills 5 - Health Related Physical Fitness 	<ul style="list-style-type: none"> 1 - Health Related Physical Fitness 2 - Creative and Expressive Movements 3 - Manipulative Skills
Quarter – 3 Guide	Quarter – 4 Guide
<ul style="list-style-type: none"> 1 - Health Related Physical Fitness 2 - Pedestrian, Bike and Water Safety Education 3 - Fundamental principles of balance 4 - Health related physical fitness 	<ul style="list-style-type: none"> 1 - Nutrition 2 - Fitness Goal Assessment 3 - Manipulative Skills 4 - Modified games and team sports

Academic Plan

Narrative:

Quarter - 1				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Safety Rules and Class Procedures *Understands and practices emergency procedures.</p> <p>*Demonstrates the correct use of physical education equipment.</p> <p>*Understands rules, consequences, and fair play. *Understands the importance of following directions. *Understands the importance of keeping their hands and feet to themselves for safety.</p> <p>*Recognizes spacial awareness and ones own personal space.</p>	<p>Boundaries; consequences; Fair Play; General Space; Personal Space; Referee; rules; safety; Sportsmanship; Success;</p>	<p>PE.2.C.1.2 Safety rules and procedures for selected physical activities; PE.2.L.1.1 MVPA; PE.2.L.1.5 Benefits of regular physical activity; PE.2.R.1.4 Equipment safety; PE.2.R.1.5 Honesty in self-reporting; PE.2.R.2.2 Relationship between skill competence and enjoyment;</p>		<p>Teacher created assessments and student observation.</p>
<p>2 Partner Cooperation and Sportsmanship</p> <p>*Recognizes the benefits that accompany cooperation, sharing, and teamwork. *linteracts positively with peers</p> <p>*Understands how to win/lose gracefully</p> <p>*Works with a partner</p>	<p>Accomplishments; cooperation; Improvements; modification; respect; sharing; teamwork;</p>	<p>PE.2.R.1.1 Cooperation; PE.2.R.2.3 A member of a cooperative group;</p> <p>PE.2.R.1.2 Accept the feelings resulting from challenges, successes, and failures in physical activity; PE.2.R.1.3 Offers help; PE.2.R.1.6 Conflict resolution.;</p>		<p>Teacher created assessments and student observation.</p>

<p>cooperatively *Plays cooperatively with others regardless of personal differences. *Reconizes that there are challenges, suceses, and failures in physical activity with one's self and others. *Understands that one's own actiions can have a begative or positive effect on the physiscal activity.</p>				
<p>3 Spacial Awareness *Demonstrate personal space / general space</p>	<p>chase; control; Fleeing; General Space; Personal Space;</p>	<p>PE.2.M.1.12 Chase, flees, and dodges; PE.2.R.1.6 Conflict resolution.; PE.2.R.2.3 A member of a cooperative group;</p>	<p>_____</p>	<p>Teacher created assessments and student observation. _____</p>
<p>4 Demonstrates basic Locomotor Skills *Can successfully run, walk, hop, skip, slide, and gallop. *Chases, flees, and dodges to avoid or catch others. *Maneuver around obstacles.</p>	<p>chase; Dodge; Flee; Gallop; hop; jump; Leaping; Locomotor Skills; maneuver; run; skip; slide; walk;</p>	<p>PE.2.C.1.1 Elements of locomotor skills; PE.2.M.1.1 Locomotor skills to include rhythms and dance; PE.2.M.1.12 Chase, flees, and dodges;</p>	<p>_____</p>	<p>Teacher created assessments and student observation. _____</p>
<p>4 Health Related Physical Fitness *Set personal fitness goals. *Students understand how to improve physical fitness levels. * Understands the improtance of warming up and cooling down and</p>	<p>fitness; Goal Setting; Health Related Fitness;</p>	<p>PE.2.C.1.5 Warm-up and cool-down activities are important; PE.2.L.1.1 MVPA; PE.2.L.1.2 Physical activities outside of school; PE.2.L.1.3 ; PE.2.L.1.5 Benefits of regular physical activity; PE.2.L.2.6 Technologies used in physical</p>	<p>_____</p>	<p>Teacher created assessments and student observation. _____</p>

<p>how to perform appropriate exercises to warm up and cool down. * Recognizes the importance of MVPA *</p>		<p>fitness; PE.2.L.2.9 Appropriate stretching exercises;</p>		
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Academic Plan

Narrative:

Quarter - 2				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Health Related Physical Fitness *Understands and applies the F.I.T.T Principle *Performs muscular, flexibility, and aerobic activities *Participates in daily moderate to vigorous physical activity *Discusses the importance of maintaining personal fitness</p>	<p>Aerobic; Body Composition; Cardiovascular Endurance; Endurance; flexibility; Frequency; Intensity; Muscular Endurance; Muscular Strength; time; Type;</p>	<p>PE.2.L.2.1 Muscular strength and endurance enhance performance in physical activities; PE.2.L.2.2 Components of health-related physical fitness; PE.2.L.2.6 Technologies used in physical fitness; PE.2.L.2.7 Stronger heart muscle can pump more blood; PE.2.L.2.8 Sustained physical activity that causes an increased heart rate and heavy breathing; PE.2.L.1.2 Physical activities outside of school;</p>		<p>Teacher created assessments and observation of students</p>
<p>2 Creative and Expressive Movement *Uses a variety of levels while traveling through space *Travels in a variety of directions and pathways *Use their bodies as a means of expression *Sense of satisfaction from using expressive movement *Interpet and move to different rhythms</p>	<p>creative; directions; effort; force; movement; rhythm;</p>	<p>PE.2.C.1.9 Describe movement concepts; PE.2.M.1.9 Folk dance or line dance accurately; PE.2.R.2.1 Physical activity to express feeling;</p>		<p>Teacher created assessments and observation of students</p>

<p>3 Manipulative Skills *Uses appropriate catching techniques for various objects while learning how to absorb force. *Balance while kicking moving and stationary objects. *Dribble with hands or feet around stationary objects. *Throws underhand with opposition. *Throws overhand with opposition.</p>	<p>absorption; base; catch; Defense; Dribble; follow through; instep; Offense; Opposition; Throw;</p>	<p>PE.2.C.1.6 Define offense and defense; PE.2.M.1.5 Dribble in various pathways, directions, and speeds; PE.2.M.1.7 Catch a variety of objects while moving.;</p>	<p>_____</p> <p>_____</p>	<p>Teacher created assessments and observation of students</p> <p>_____</p>
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Academic Plan

Narrative:

Quarter - 3				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
<p>1 Health Related Physical Fitness *Explain and perform the different components of health related fitness such as muscular strength, muscular endurance, flexibility, body composition, and cardiorespiratory endurance.</p>	<p>Aerobic; Anaerobic; Arteries; Cardiovascular Endurance; flexibility; Heart rate; Pulse; Veins;</p>	<p>PE.2.L.2.2 Components of health-related physical fitness; PE.2.L.2.3 Physiological signs of moderate to vigorous physical activity; PE.2.L.2.7 Stronger heart muscle can pump more blood; PE.2.L.2.8 Sustained physical activity that causes an increased heart rate and heavy breathing; PE.2.L.2.1 Muscular strength and endurance enhance performance in physical activities;</p>	<p>_____</p>	<p>Teacher created assessments and observation of students</p> <p>_____</p>
<p>2 Pedestrian, Bike and Water Safety Education *Understands the importance of wearing a life jacket (personal floatation device). *Identifies the proper crossing technique (look left, look right, look left again). *Discusses why a helmet should be worn when riding a bike</p>	<p>Cross Walk; float; helmet; pedestrian; sidewalk; traffic;</p>	<p>PE.2.C.1.2 Safety rules and procedures for selected physical activities; PE.2.C.1.4 Understand the importance of wearing a life jacket; PE.2.L.1.6 Street crossing safety; PE.2.M.1.6 Fundamental aquatics skills;</p>	<p>_____</p>	<p>Teacher created assessments and observation of students</p> <p>_____</p>

<p>3 Fundamental Principles of Balance *Knows ways to establish bases of support using various body parts and fundamental principles of balance, including mats and apparatus.</p>	<p>absorption; balance; base; Wide base;</p>	<p>PE.2.M.1.10 Demonstrate a sequence; PE.2.M.1.11 Perform at least one skill that requires the transfer of weight to hands;</p>	<p>_____</p>	<p>Teacher created assessments and observation of students</p> <p>_____</p>
<p>4 Manipulative Skills * Strike an object using body parts *Strike and object using a paddle * Catch while moving * Throwing for distance and accuracy **Introduction to basic modified games to lead up to team sports.</p>	<p>Accuracy; catch; Defense; Offense; paddle; strike; Throw;</p>	<p>PE.2.M.1.3 Strike an object continuously using a paddle both upward and downward; PE.2.M.1.4 Strike a stationary object a short distance using a long-handled implement; PE.2.M.1.5 Dribble in various pathways, directions, and speeds;</p>	<p>_____</p>	<p>_____</p>

Academic Plan

Narrative:

Quarter - 4				
Essential Knowledge	Vocabulary/Key Terms	Standards/Benchmarks	Instructional Resources	Assessments
1 NUTRITION *Understands the food pyramid and its importance. *Understands and appreciates the different types of somatotypes.	Body Composition; food pyramid; healthy;	PE.2.L.2.10 Somatotypes; PE.2.L.2.11 Food groups; PE.2.L.2.4 Informal physical fitness assessment;		Teacher created assessments and observation of students
2 MANIPULATIVE SKILLS *Uses a mature overhand throwing pattern with accuracy. *Strikes objects using a variety of body parts *Strikes objects using a variety of short and long handled implements *Catch a variety of objects thrown under and over hand	Accuracy; Aim; follow through; Target;	PE.2.M.1.2 Strike an object continuously using body parts both upward and downward; PE.2.M.1.3 Strike an object continuously using a paddle both upward and downward; PE.2.M.1.4 Strike a stationary object a short distance using a long-handled implement; PE.2.M.1.8 An overhand throwing motion for distance;		Teacher created assessments and observation of students
3 Health Related Physical Fitness *Understands the setting of goals and what it takes to reach their goals. *Understands the importance of goal setting in physical education class for skill improvement *Understands the importance of goal setting in the area of personal	achieve; Body Composition; consequence; Feedback; goal; healthy;	PE.2.C.1.3 Technology use in physical education; PE.2.C.1.8 Apply teacher feedback to effect change in performance; PE.2.L.2.6 Technologies used in physical fitness;	food pyramid www.mypyramid.gov ;	Teacher created assessments and observation of students

physical fitness				
<p>4 MODIFIED GAMES AND TEAM SPORTS</p> <p>*Participates as a member of a team to achieve a common goal.</p> <p>*Demonstrates good sportsmanship while participating in games and activities. *Discusses how physical fitness levels can effect enjoyment of games and sports.</p> <p>*Discusses how skill level can effect enjoyment of games and sports.</p>	<p>cooperate; Defense; goal; Offense; Sportsmanship; team;</p>	<p>PE.2.C.1.6 Define offense and defense; PE.2.M.1.12 Chase, flees, and dodges; PE.2.M.1.2 Strike an object continuously using body parts both upward and downward; PE.2.R.1.1 Cooperation; PE.2.R.2.2 Relationship between skill competence and enjoyment; PE.2.R.2.3 A member of a cooperative group;</p> <p>PE.2.R.1.5 Honesty in self-reporting;</p>		<p>Teacher created assessments and student observation.</p>