

Expectations and Outcomes

Grade Level/Course: Second Grade

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<p>Travels showing differentiation between jogging and sprinting</p> <p>See Balance/Tumbling</p> <p>Skips using a mature pattern</p> <p>Runs with a mature pattern</p> <p>Demonstrates 4 of 5 critical elements for jumping and landing in a horizontal plane using a variety of 1 and 2 foot take-offs and landings</p> <p>Demonstrates 4 of the 5 critical elements for jumping & landing in vertical plane</p> <p>Performs a teacher and/or student designed rhythmic activity with correct response to simple rhythms</p> <p>Balances on different bases of supports, combining levels and shapes</p> <p>Balances in an inverted position with stillness and supported base</p> <p>Transfers weight from feet to different body parts for balance/basis of travel</p> <p>Rolls in different directions with either narrow or curled body shape</p> <p>Differentiates among twisting, curling, bending, & stretching actions</p> <p>Combines balances and transfers into a 3-part sequence</p> <p>Throws underhand using a mature pattern</p> <p>Throws overhand demonstrating 2 of 5 elements of a mature pattern</p> <p>Catches a self-toss or well thrown big ball with hands only</p> <p>Dribbles in self-space with preferred hand demonstrating mature pattern</p> <p>Dribbles using the preferred hand while walking in general space</p> <p>Dribbles with the feet in general space with ball and body control</p> <p>Uses a continuous running approach and kicks a moving ball</p> <p>Volleys an object upward with consecutive hits</p> <p>Strikes an object upward with a short-handled implement, using consecutive hits</p> <p>Strikes a ball off a tee or cone with a bat using correct grip and side orientation / proper body orientation</p>

Unit Title	Guarantees
	<p>Jumps a self-turned rope consecutively forward & backward with a mature pattern</p> <p>Jumps a long rope 5 time consecutively with student turners</p>
Standard 2	<p>Develops a cognitive understanding of a skill so as to improve performance.</p> <p>Identify elements of correct form for fundamental skills and use them in performance.</p> <p>Combines locomotor skills in general space to rhythm</p> <p>(Combines shapes, levels, & pathways into simple travel, dance, & gymnastic sequences</p> <p>Varies time and force with gradual increases and decreases</p>
Standard 3	<p>Describes large motor and/or manipulative physical activities for participation outside of Physical Education class</p> <p>Actively engages in Physical Education class in response to instruction and practice</p> <p>Uses own body as resistance for developing strength</p> <p>(Identifies physical activities that contribute to fitness</p> <p>Recognizes the "good health balance" of nutrition and physical activity</p>
Standard 4	<p>Practices skills with minimal teacher prompting</p> <p>Accepts responsibility for class protocols with behavior and performance actions</p> <p>Accepts specific corrective feedback from the teacher</p> <p>Works independently with others in partner environments</p> <p>Recognizes the role of rules and etiquette in teacher-designed physical activities</p> <p>Works independently and safely in Physical Education</p> <p>Works safely with Physical Education equipment</p>
Standard 5	<p>Recognizes the value of "good health balance"</p> <p>Compares physical activities that bring confidence and challenge</p> <p>Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks/games environment)</p>