

Grades 2 & 3 Physical Education Curriculum			
Body Movement Skills- Moving Balance, Stationary Balance, Body Roll, Agility	Locomotor Skills- Walking, Skipping, Galloping	Body Fitness Skills- Flexibility, Strength and Cardio	Object Movement Skills- Catching, throwing, Strike, Underhand Roll
Cooperative Games		Cooperative Games	
			Throwing and Catching
Parachute	Parachute	Parachute	Parachute
		Kicking and Striking	Kicking and Striking
		Flying Disc	Flying Disc
Hula Hoops			Hula Hoops
	Net Games	Net Games	Net Games
Jumping and Landing	Jumping and Landing	Jumping and Landing	
		Dribbling & Hand Eye	Dribbling & Hand Eye
Tumbling	Tumbling	Tumbling	
Scoters		Scoters	Scoters
Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart	Jump Rope for Heart
ASAP Fitness		ASAP Fitness	
Outdoor Adventure	Outdoor Adventure	Outdoor Adventure	Outdoor Adventure
Review of Skills	Review of Skills	Review of Skills	Review of Skills
Standards Met	Standards Met	Standards Met	Standards Met
#1, #2, #3, #5, #6	#1, #3, #4, #5	#1, #3, #4, #5	#1, #2, #3, #4, #5, #6

Standard	Benchmark	'I can' statement (Learning Targets)	Assessment
1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	Students will demonstrate mature form in all locomotor and nonlocomotor skills.	I can hop, skip and jump to create a movement pattern.	Being able to demonstrate the proper technique in galloping.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.	Students will learn to focus on important cues and adjust movement to specific situations.	I will be able to perform a simple dance in class.	Being able to Following the steps to a dance during our dance unit.
3. Participates	Students will identify	I can participate in	Participating in any

regularly in physical activity.	opportunities to be physically active outside of the school setting.	dance, gymnastics or any activity that promotes physical fitness.	activity without hesitation in Physical Education class.
4. Achieves and maintains a health-enhancing level of fitness.	Students will participate in moderate to vigorous physical activity.	I will be able to participate in moderate to vigorous physical activity for 10-15 minutes.	Participating in relay races.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.	Students will apply rules, procedures, etiquette, and safe practices with little or no reinforcement.	I will be able to work well with a partner or small group.	Practicing throwing and catching, while using the 'Strong-Arm' method.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	Students will experience enjoyment while participating in physical activity.	I will be able to finish the activity no matter if I win or lose.	Participating in a game of 'everyone is it' and enjoying the game, even if they get out.