

MONROE COUNTY COMMUNITY SCHOOL CORPORATION
CURRICULUM GUIDE

**ELEMENTARY PHYSICAL EDUCATION
GRADE 2**

PROFICIENCY 1: STUDENTS SHOULD PERFORM BASIC LOCOMOTOR AND NON-LOCOMOTOR SKILLS

1.2.1 Perform basic locomotor skills demonstrating a proficiency in the following:

- walking
- hopping
- skipping
- galloping
- running
- jumping
- leaping
- landing
- jogging
- sliding (side step)
- crossovers
- grapevine, cariokas

1.2.2 Perform basic non-locomotor skills demonstrating a proficiency in the following:

- bending
- stretching
- twisting
- turning
- swaying
- swinging
- directionality
- speed/force/level/intensity
- concepts

PROFICIENCY 2: STUDENTS WILL DEMONSTRATE AN ABILITY TO PERFORM STABILITY SKILLS

2.2.1 Perform weight transference

- rocking
- rolling

- flight
- combative (jousting, pushing, pulling)

2.2.2 Perform dynamic balance

- balance beam (skip, walk backwards, gallop, tuck jump)
- landing
- leaping
- mule kick

2.2.3 Perform static balance

- single support balance (stork stand)
- multiple support balance
- tri-pods
- headstands
- handstands

2.2.4 Perform basic tumbling skills

- simple rolls (forward roll, backward roll)
- cartwheel
- round-off

2.2.5 Perform simple stunts

- individual challenges (thread the needle)
- partner challenges (rocking chair, partner get up)
- partner stunts and rolls

PROFICIENCY 3: STUDENTS WILL DEMONSTRATE THE ABILITY TO MANIPULATE OBJECTS

3.2.1 Demonstrate the ability to manipulate objects using the hands

- eye/hand coordination
 - catching and throwing with emphasis to opposition (to target, to partner, to self)
 - striking (by hand, implement)
 - volleying (balloons, beach balls, training ball)
 - rolling (bowling)
 - bouncing/dribbling
 - self tossing/catching (scarves, bean bags, balloons, tennis balls, wands)
 - jumping (long and short ropes, hoops)

3.2.2 Demonstrate the ability to manipulate objects using the feet

- eye/foot coordination
 - kicking (stationary, rolling, to target)
 - punting
 - dribbling
 - trapping

- passing

PROFICIENCY 4: STUDENTS WILL DEMONSTRATE THE ABILITY TO PERFORM RHYTHMICALLY

4.2.1 Demonstrate the ability to recognize and repeat a pattern

- folk dances (Patty Cake Polka, Seven Jumps, LaRaspa)
- square dances (do-si-do step, elbow turn)
- line dances (Macarena, Electric Slide)
- creative movement

4.2.2 Demonstrate the ability to manipulate an object rhythmically with more challenging sequential patterns

- hoops
- parachutes
- balls
- scarves
- ropes (jump ropes rhymes)
- Lummi sticks and/or wands

PROFICIENCY 5: STUDENTS WILL DEMONSTRATE SAFE AND APPROPRIATE PRACTICES IN THE CLASSROOM

5.2.1 Show appropriate care for the following

- equipment
- facilities
- self and others

PROFICIENCY 6: STUDENTS WILL DEMONSTRATE A REASONABLE LEVEL OF UNDERSTANDING OF HEALTH RELATED FITNESS

6.2.1 Understand the relationship between a healthy heart and vigorous activity

6.2.2 Know the relationship between diet and fitness

6.2.3 Know the relationship between rest and fitness

**PROFICIENCY 7: STUDENTS WILL HAVE AN OPPORTUNITY TO PARTICIPATE IN
GAME-LIKE ACTIVITIES**

7.2.1 Participate in age-appropriate, game-like activities

- playground games
 - hopscotch
- two square
 - four square
- jump rope skills, rhymes
- bowling
- hopscotch
- frisbee
- volleyball (balloon)
- carnival games