



Diocese of Greensburg Curriculum
Physical Education Grade 2

Unit	Standards	Content	Skills
<p>Physical Fitness</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity. • heart rate • breathing rate</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>D. Identify and use principles of exercise to improve movement and fitness activities. • frequency/how often to exercise • intensity/how hard to exercise • time/how long to exercise • type/what kind of exercise</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Running • Jumping Jacks • Toe Touches • Push Ups • Sit Ups • Skipping/Galloping • Stretches • Mountain Climbers 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform jumping jacks • Perform a locomotor motion for a desired distance • Perform a variety of stretches prior to the main activity • Perform 10 push ups and sit ups with the correct form • Participate in various activities • Participate in organized games

Unit	Standards	Content	Skills
<p>Movement/Motor Development</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>F. Recognize and describe game strategies using appropriate vocabulary.</p> <ul style="list-style-type: none"> • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Jump and Land • Balance • Fine and Gross Motor Skills • Locomotor/non-locomotor Skills • Game strategies 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform different movements to successfully play games • Start and stop on command and when necessary • Apply physical fitness skills in other disciplines • Run, hop, jump, skip, gallop, and walk • Show improvement in balance, bending, and stretching • Participate in Tag games • Demonstrate transitions while moving • Implement game strategies
<p>Locomotor</p>	<p>PA: Health, Safety & Physical Ed</p>	<ul style="list-style-type: none"> • Locomotor skills 	<p>The students will be able to:</p>

Unit	Standards	Content	Skills
	<p>PA: Grade 3</p> <hr/> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Balance and body control 	<ul style="list-style-type: none"> • Demonstrate locomotor skills (walk, run, skip, gallop, hop, and jump) • Demonstrate coordination of arms and legs while performing movements
<p>Non-locomotor</p>	<p>PA: Health, Safety & Physical Ed</p> <hr/> <p>PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) 	<ul style="list-style-type: none"> • Non-locomotor skills • Basic movements 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate non-locomotor skills (Bend/stretch, twist/turn, swing/ sway, strain/shake, and push/ pull) • Demonstrate smooth transitions while performing skills

Unit	Standards	Content	Skills
	<ul style="list-style-type: none"> • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Skills</p>	<p>PA: Health, Safety & Physical Education (2002) PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>F. Recognize positive and negative interactions of small group activities. • roles (e.g., leader, follower) • cooperation/sharing • on task participation</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness</p>	<ul style="list-style-type: none"> • Relay races • Hand-eye coordination • Foot-eye coordination • Dribbling 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Follow the rules of the game • Travel safely around the gym • Follow directions • Demonstrate being a good sport • dodge, flee, and chase • Throw and kick balls • Throw and catch to self • Throw at a target with accuracy • Throw and catch with a partner • Dribble basketball balls and soccer balls • Juggle scarves • Strike objects using a bat, hockey stick, or hand

Unit	Standards	Content	Skills
	<p>(e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>F. Recognize and describe game strategies using appropriate vocabulary. • faking/dodging • passing/receiving • move MOVING to be open • defending space • following rules of play</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Throwing and Catching</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts. • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force)</p> <p>C. Know the function of practice.</p>	<ul style="list-style-type: none"> • Eye /hand coordination • Balance and body control • Transferring weight/ opposite rule • underhanded and overhanded throws • Transferring weight/ opposite rule • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Throw overhand (ball near ear) or underhand (ball near waist) to their partners. • Demonstrate stepping with their opposite foot while throwing

Unit	Standards	Content	Skills
	<p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Kicking</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.</p> <ul style="list-style-type: none"> • form • developmental differences • critical elements • feedback <p>C. Know the function of practice.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Eye/ foot coordination • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Kick a ball using all parts of their foot.(heel, toes, inside, outside, laces) • Kick the ball in different directions • Kick a ball while moving in different directions and speeds • Run and kick a ball

Unit	Standards	Content	Skills
<p>Striking</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>C. Know the function of practice.</p> <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>	<ul style="list-style-type: none"> • Hand /eye coordination • Transferring weight • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Strike a ball using their hands • Strike a ball using a short handle implement • Strike a ball using a long handle implement
<p>Bounce and Catch</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p>	<ul style="list-style-type: none"> • Eye / hand coordination • Transferring weight/ opposite rule • Balance and body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Bounce and catch a ball while moving in different directions

Unit	Standards	Content	Skills
	<p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Demonstrate how to "give" with their arms while catching a ball
<p>Ball Skills (Rolling)</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p>	<ul style="list-style-type: none"> • Transferring weight/ opposite rule • Balance • Body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate rolling a ball (the ball needs to make contact with the floor at all times) • Demonstrate the 4 step approach. when rolling a

Unit	Standards	Content	Skills
	<p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<p>ball(the step, push away, back swing, and release)</p>
<p>Dance</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p>	<ul style="list-style-type: none"> • Types of Dance • Balance and body control • Coordination 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate different dance steps • Identify different types of dance

Unit	Standards	Content	Skills
	<p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>D. Identify likes and dislikes related to participation in physical activities.</p> <p>10.5 Movement Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Demonstrate dance steps in rhythm
<p>Spatial Awareness</p>	<p>PA: Health, Safety & Physical Ed PA: Grade 3</p> <hr/> <p>10.4 Physical Activity Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p>	<ul style="list-style-type: none"> • Spatial awareness • Body control 	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate movement in different pathways,(straight, curved, and zigzag) • Demonstrate movement in their own created pathway

Unit	Standards	Content	Skills
	<p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		
<p>Directions</p>	<p>PA: Health, Safety & Physical Ed</p> <p>PA: Grade 3</p> <hr/> <p>10.4 Physical Activity</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p>	<p>Basic movement directions</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate locomotor movement(walking, running, galloping, skipping, jumping, and hopping) using different directions

Unit	Standards	Content	Skills
	<p>A. Identify and engage in physical activities that promote physical fitness and health</p> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		<ul style="list-style-type: none"> • Demonstrate transitions in movement
<p>Transferring Weight</p>	<p>PA: Health, Safety & Physical Ed</p> <p>PA: Grade 3</p> <hr/> <p>10.5 Movement</p> <p>Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:</p> <p>A. Recognize and use basic movement skills and concepts.</p> <ul style="list-style-type: none"> • locomotor movements (e.g., run, leap, hop) • non-locomotor movements (e.g., bend, stretch, twist) • manipulative movements (e.g., throw, catch, kick) • relationships (e.g., over, under beside) • combination movements (e.g., locomotor, non-locomotor, manipulative) • space awareness (e.g., self-space, levels, pathways, directions) • effort (e.g., speed, force) 	<p>Transferring of body weight</p>	<p>The students will be able to:</p> <ul style="list-style-type: none"> • Perform log rolls, egg rolls • Demonstrate forward rolls through a series of progressions (leap frog, rocky horse) • Demonstrate safety procedures when working on a mat

Unit	Standards	Content	Skills
	<p>C. Know the function of practice.</p> <p>E. Know and describe scientific principles that affect movement and skills using appropriate vocabulary.</p> <ul style="list-style-type: none"> • gravity • force production/absorption • balance • rotation <p>Copyright © 2015 Commonwealth of Pennsylvania. All Rights Reserved</p>		

