

Course Description:

Physical Education 2 (1 of 2) provides instruction on a variety of movements and physical activities for good health and provides the chance to demonstrate those skills. Topics include warming up (stretches with curling, bending, and twisting); exercises for specific body parts; movements like rolling, hopping, skipping, jumping, sliding, and running; and the importance of nutrition. Basketball is introduced for students to develop dribbling, passing, throwing, and catching skills.

Course Objectives:

- Engage in physical activity safely and independently, using proper equipment.
- Demonstrate many different ways to move and balance the body.
- Describe and use a variety of concepts and strategies related to movement.
- Use purposeful sequences of movements to participate in complex physical activities.
- Use a variety of controlled skills involving hands, feet, sports equipment, and other body parts to participate in physical activities.
- Use physical skills in combination with movement sequences to play complex sports and games.
- Follow rules while practicing and playing, both independently and with others.
- Carry out simple offensive strategies in games and sports.
- Explain fitness terms and concepts and the meaning of physical fitness.
- Use fitness concepts to stay healthy and keep active.
- Accept feedback from others in respectful ways.
- Respond to others with respect during games and practice settings.
- Include peers with a variety of skill levels and abilities and describe why this is valuable.
- Praise others and explain why encouragement is important.

Required Materials:

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- bouncing ball or basketball
- chair
- cones, cans, or other similar objects to be used as reference points
- hoop or basket
- jump rope
- pencil
- ruler
- stairs or stepping stool
- stopwatch or timer
- yardstick
- tape
- tape measure

Optional:

- balance beam
- crayons or markers
- long string
- masking or painter's tape

- mat
- narrow board
- poly spots

Course Overview:

This course is made up of six units. Each unit has three lessons. Lessons are made of up activities that include these types of learning:

- **Warm-Ups** allow for practice of skills or concepts taught in previous lessons. These are graded activities.
- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Practice** activities allow for practice of a skill without support. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.