

Course Description:

Physical Education 2 (2 of 2) expands on foundational movements and motor skills important to maintaining a healthy body. The course explores moderate and vigorous activities such as jogging and sprinting, and traveling in different pathways as well as around, under, and over obstacles. The course also covers sports such as baseball, volleyball, and soccer, as well as different types of dances. Topics include foundational motor skills like striking, serving, dribbling, and kicking a ball, and moving to a beat and rhythm, as well as good sports behaviors such as safety, following rules, and sportsmanship.

Course Objectives:

- Demonstrate a variety of motor skills and movement patterns.
- Demonstrate how to use a short- and long-handled implement.
- Demonstrate how to use sports equipment safely.
- Demonstrate responsible personal and social behaviors.
- Describe the elements and skills needed to participate in soccer.
- Describe the elements and skills needed to participate in volleyball.
- Describe ways conflict can be resolved.
- Describe why feedback is helpful.
- Engage in physical activity for health, enjoyment, challenge, self-expression, and social interaction.
- Explain and demonstrate good sportsmanship.
- Identify and perform activities that increase endurance.
- Identify the rhythm and beat in simple songs and dances.
- Identify ways to stay safe in the sun and water.
- Perform a folk dance and line dance.
- Recognize and describe how to catch and chase a ball.
- Recognize and describe how to strike a ball in different directions and using different forces.
- Travel in different pathways over, under, and around obstacles at different speeds.

Required Materials:

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- objects that you can move over, under, and around
- balloon
- baseball or small ball
- baseball bat
- baseball glove
- baseball tee or tall cone
- baton or stick
- camera or device to take a photo
- cones (or objects to mark a pathway, dribble around, or use as a goal)
- crayon
- music for line dancing and rhythm
- pencil
- ping-pong ball
- plastic hoops (4)

- printer and printer paper for printables (see Course Syllabus for link)
- short-handled implement (paddle)
- soccer ball or playground ball
- tambourine or instrument that shakes
- video recording device
- volleyball or beach ball

Course Overview:

This course is made up of six units. Each unit has three lessons. Lessons are made up of activities that include the following 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.