



Physical Education Scope and Sequence

GRADE 2

Week	Skill/Concept	Suggested Activities
1	Spatial Awareness	Personal Space/General Space, Move to open spaces within boundaries while traveling at increasing rates of speed.
	Locomotion Skills	Locomotion Skills, levels, and directions, Skip and leap, using proper form, Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force.
	Body Management	Explain the importance of a wide rather than a narrow base of support in balance activities
	Rhythms	Tempos, Demonstrate a smooth transition between even-beat locomotor skills and uneven-beat locomotor skills in response to music or an external beat.
	Social Skills	Encourage others by using verbal and nonverbal communication.
2	Movement Concepts	Define <i>open space</i> .
	Body Awareness	Demonstrate balance on the ground and on objects, using bases of support other than both feet.
	Cooperation	Participate in a variety of group settings (e.g., partners, small groups, large groups) without interfering with others
	Self-Responsibility	Accept responsibility for one's own behavior in a group activity.
	Social Interaction	Demonstrate respect for self, others, and equipment during physical activities.
3	Cooperation	Participate positively in physical activities that rely on cooperation
	Dodging	Chase and Fleeing
	Fitness	Flexibility, demonstrate the proper form for stretching the hamstrings
	Fitness	Traverse the overhead ladder one bar at a time.
	Stations	Identify muscles being strengthened during the performance of particular physical activities.
4	Cooperative Play	Accept responsibility for one's own behavior in group activity.
	Cooperative Play	Acknowledge one's opponent or partner before, during, and after an activity or game and give positive feedback on the opponent's performance.
	Rhythms	Demonstrate a smooth transition between even-beat locomotor skills and uneven-beat locomotor skills in response to music or an external beat.
	Locomotor Skills	Jump for distance, landing on both feet and bending the hips, knees, and ankles to reduce the impact force.
	Fitness	Participate three to four times each week, for increasing periods of time, in moderate to vigorous physical activities that increase breathing and heart rate.
5	Cooperative Play	Demonstrate how to solve a problem with another person during physical activity.
	Rhythms	Perform with a partner, rhythmic sequences related to simple folk dance or ribbon routines.
	Locomotor	Create a routine that includes two types of body rolls (e.g., log roll, egg roll, shoulder roll, forward roll) and a stationary balance position after each roll.

	Cooperative Play	Demonstrate respect for self, others, and equipment during physical activities.
	Locomotor	Explain the importance of a wide rather than a narrow base of support in balance activities.
6	Manipulative Skills	Roll a ball for distance, using proper form.
	Manipulative Skills	Roll a ball for distance, using proper form.
	Manipulative Skills	Identify opportunities to use underhand and overhand movement (throw) patterns.
	Manipulative Skills	Compare the changes in force applied to a ball and the ball speed when rolling a ball for various distances.
7	Manipulative Skills	Throw a ball for distance, using proper form.
	Manipulative Skills	Explain key elements of throwing for distance.
	Fitness (Muscles Strength/Endurance)	Perform abdominal curl-ups, modified push-ups, oblique curl-ups, forward and side lunges, squats, and triceps push-ups from a chair or bench to enhance endurance and increase muscle efficiency.
	Fitness (Muscles Strength/Endurance)	Describe how muscle strength and muscle endurance enhance motor skill performance.
	Group Dynamics	Participate positively in physical activities that rely on cooperation.
8	Manipulative Skills	Catch a gently thrown ball above the waist, reducing the impact force.
	Manipulative Skills	Catch a gently thrown ball below the waist, reducing the impact force.
	Manipulative Skills	Identify the roles of body parts not directly involved in catching objects.
	Fitness (Muscles Strength/Endurance)	Identify muscles being strengthened during the performance of particular physical activities.
	Social Interaction	Demonstrate how to solve a problem with another person during physical activity.
9	Manipulative Skills	Kick a slowly rolling ball.
	Manipulative Skills	Foot-dribble, with control, a ball along the ground.
	Manipulative Skills	Identify when to begin the kicking motion when kicking a slowly rolling ball.
	Fitness (Muscles Strength/Endurance)	Traverse the overhead ladder one bar at a time.
	Fitness (Muscles Strength/Endurance)	Explain the role that weight-bearing activities play in bone strength.
10	Manipulative Skills	Strike a balloon consistently in an upward or forward motion, using a short-handled paddle.
	Manipulative Skills	Strike a ball with a bat from a tee or cone, using correct grip and side orientation.
	Manipulative Skills	Identify the different points of contact when striking a balloon upward and striking a balloon forward.
	Manipulative Skills	Explain the purpose of using a side orientation when striking a ball from a batting tee.
	Fitness (Body Competition)	Engage in moderate to vigorous physical activity for increasing periods of time.
11	Manipulative Skills	Roll a ball for distance, using proper form.
	Manipulative Skills	Roll a ball for distance, using proper form.
	Manipulative Skills	Identify opportunities to use underhand and overhand movement (throw) patterns.
	Manipulative Skills	Compare the changes in force applied to a ball and the ball speed when rolling a ball for various distances.

	Manipulative Skills	Throw a ball for distance, using proper form.
12	Manipulative Skills	Explain key elements of throwing for distance.
	Fitness (Muscles Strength/Endurance)	Perform abdominal curl-ups, modified push-ups, oblique curl-ups, forward and side lunges, squats, and triceps push-ups from a chair or bench to enhance endurance and increase muscle efficiency.
	Fitness (Muscles Strength/Endurance)	Describe how muscle strength and muscle endurance enhance motor skill performance.
	Group Dynamics	Participate positively in physical activities that rely on cooperation.
	Manipulative Skills	Catch a gently thrown ball above the waist, reducing the impact force
13	Manipulative Skills	Catch a gently thrown ball below the waist, reducing the impact force
	Manipulative Skills	Identify the roles of body parts not directly involved in catching objects
	Fitness (Muscles Strength/Endurance)	Identify muscles being strengthened during the performance of particular physical activities
	Social Interaction	Demonstrate how to solve a problem with another person during physical activity.
	Manipulative Skills	Kick a slowly rolling ball.
14	Manipulative Skills	Foot-dribble, with control, a ball along the ground.
	Manipulative Skills	Identify when to begin the kicking motion when kicking a slowly rolling ball.
	Fitness (Muscles Strength/Endurance)	Traverse the overhead ladder one bar at a time.
	Fitness (Muscles Strength/Endurance)	Explain the role that weight-bearing activities play in bone strength.
	Manipulative Skills	Strike a balloon consistently in an upward or forward motion, using a short-handled paddle.
15	Manipulative Skills	Strike a ball with a bat from a tee or cone, using correct grip and side orientation
	Manipulative Skills	Identify the different points of contact when striking a balloon upward and striking a balloon forward
	Manipulative Skills	Explain the purpose of using a side orientation when striking a ball from a batting tee.
	Fitness (Body Composition)	Engage in moderate to vigorous physical activity for increasing periods of time.
	Social Skills	Accept self-responsibility for one's own behavior in a group activity.