

ASD Academic Plan

Physical Education: 2nd Grade

Grade Level: 2nd grade	Course Description: This course provides a positive learning environment in which all children can experience a sequentially based and developmentally appropriate physical education program. The concepts of lifelong movement skills and wellness are organized thematically by “strands” and “skill/concepts” within each strand. At each grade level, students build upon skills learned at previous levels.
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Year At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
Establish Routines/Learning Environment	Balance, Rolling, and Weight Transfer	Outdoor Winter Activities	Throwing and Catching
Spatial Awareness/Traveling	Jumping and Landing	Volleying	Dribbling – Hand
Relationships w/ Others/Equipment	Throwing and Catching	Striking	Kicking and Punting
Chasing & Fleeing/Cooperative	Adventure Education/Initiatives	Rhythms with Implements	Jumping/Landing and Traveling
Games/Sportsmanship	Creative Movement/Dance	Creative Movement/Dance- (Sequenced)	Striking
Dribbling-Feet	Native Youth Olympics	Fitness Concept: Strength	Fitness Concepts
Kicking	Fitness Concept: Flexibility/Coordination/Agility	Optional – to be determined at each site, as appropriate	Optional – to be determined at each site, as appropriate
Fitness Concept: Cardiovascular	Optional – to be determined at each site, as appropriate		
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**Quarterly Essential Concepts are required to be completed by the end of the term indicated. Weekly pacing may vary due to the equipment, facilities, and/or available community resources.