

Portales Municipal Schools
CURRICULUM MAP

Subject:	Physical Education/ Health	2009	Grade Level: 2nd Grade
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ESSENTIAL QUESTIONS:					
9 w e e k s	PERFORMANCE STANDARD And Benchmarks	CONCEPTS/SKILLS Review/Extend previously introduced skill unless noted I = Introduce R= Review AND Extend M = Master	STUDENT ACTIVITIES AND INSTRUCTIONAL STRATEGIES	ASSESSMENTS	STUDENT MATERIALS AND RESOURCES
F i r s t N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	<p>Balance</p> <p>Dynamic balance is balance while moving, starting and stopping.</p>	<p>Keeping balanced while on a bouncy ball.</p> <p>Staying balanced while jumping from poly-spot to poly-spot using alternating feet.</p> <p>Participate in physical education demonstrating good balance. (in weight transference, jumping, throwing, catching, and all forms of travel.)</p> <p>Discover how to balance on different body parts at different levels using a variety of objects.</p>	<p>Checklist</p> <p>Checklist</p> <p>Observation and Feedback</p> <p>Observation and Feedback</p>	<p>www.pecentral.org</p> <p>Children Moving Book 7th ed</p>

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F i r s t N i e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, C)</p> <p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p>	<p>Cardiorespiratory Endurance Chasing, Fleeing, Dodging</p> <p>Five Components of Physical Fitness Muscular Endurance and Muscular Strength</p>	<p>Work on chasing, fleeing, and dodging using tag games.</p> <p>Demonstrate proper technique using the resistance band and exercises. Participate in activities that require children to move and lift their body weight. Participate in Circuit Training using Resistance bands and fitness exercise poly-spots.</p>	<p>Observation and Feedback</p> <p>Observation and Feedback</p> <p>Observation and Feedback</p> <p>Checklist of repetitions</p>	<p>Vertical Team Children Moving Book Five for Life Program Book</p> <p>Vertical Team</p> <p>Five for Life Program</p>

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	Throw and Catch	Throw and catch using a variety of objects using proper technique.	Checklist	Children Moving Book

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A, B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	<p>Five Components of Physical Fitness</p> <p>Flexibility</p>	<p>Listen and Watch the introduction of the proper technique of static stretching.</p>	<p>Checklist</p>	

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, E)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Kicking and Punting	Kick and punt using proper technique.	Observation and Feedback	Children Moving 7th ed.

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F i r s t N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A, B, D)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings. (B)</p>	Jumping and Landing	Jump and land using arm swing for distance and height.	Chart Distance and Height	Children Moving 7th ed.

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S e c o n d N i n e W e e k s	3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)	Hygiene and Nutrition	Discuss daily hygiene habits with nurse.	Question and Answer	Nurse Five for Life Program www.kidshealth.org
	4: Achieves and maintains a health-enhancing level of physical fitness. (A)		Discuss food guide pyramid and create own.	Blank Food Guide Pyramid	
	6: Demonstrates understanding and respect for differences among people in physical activity settings. (D)	Memory	Remember sequence of events using obstacle course.	Checklist	
	1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)	Fine Motor Skills	Work on fine motor skills using cup stacking and paper rock scissors.	Observation and Feedback	Vertical Team
	1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A)				
	2: Applies movement concepts and principles to the learning and development of motor skills. (B, C)				
	5: Demonstrates responsible personal and social behavior in physical activity settings. (A)				

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings. (A, C)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (D)</p>	Rhythmic Activities	Perform in a dance competition using more complex dance movements.	Observation and feedback	Dance CD

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A, C)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	<p>Five Components of Physical Fitness</p> <p>Cardiovascular Endurance</p> <p>Muscle Strength and Endurance</p> <p>Flexibility</p>	<p>Watch demonstration on different exercises.</p> <p>Perform a variety of exercises at different stations for a set amount of time.</p>	<p>Observation and Feedback</p>	<p>Five For Live Program</p>

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S e c o n d N i n e W e e k s	<p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (B)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (B)</p>	Dynamic Balance	<p>Participate in relay race while balancing on a bouncy ball.</p> <p>Participate in relay race while balancing on scooters.</p>	Observation and Feedback	www.pecentral.com

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S	2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)	Chasing, Fleeing, Dodging	Work on Aerobic Endurance using tag games. Apply locomotor skills while playing tag games.	Observation and Feedback	
o	4: Achieves and maintains a health-enhancing level of physical fitness. (A, C)				
n	1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)	Striking	Watch demonstration on the proper grip and swing. Strike a stationary ball on a tee.	Observation and Feedback	
i	2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)				
e					
Weeks					

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (B)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (B, D)</p> <p>7: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (A, B, C)</p>	Throw and Catch	<p>Review throwing and catching skills by demonstration.</p> <p>Throw for distance and accuracy using proper technique.</p> <p>Quick catch and throw using hot potato game.</p>	<p>Observe and feedback.</p> <p>Chart distance and accuracy</p> <p>Observe and feedback.</p>	

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S e c o n d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>5: Demonstrates responsible personal and social behavior in physical activity settings. (A, B, D)</p> <p>6: Demonstrates understanding and respect for differences among people in physical activity settings.</p>	Jumping and Landing	Watch a demonstration on proper technique on using a jump rope.	Observation and feedback	Jump Rope for Heart

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T h i r d N i n e W e e k s	<p>1: Demonstrates competency in many movement forms and proficiency in a few movement forms. (A, C)</p> <p>2: Applies movement concepts and principles to the learning and development of motor skills. (A, B, C)</p> <p>3: Exhibits knowledge and ability to participate in a physically active lifestyle. (A)</p> <p>4: Achieves and maintains a health-enhancing level of physical fitness. (B)</p>	Locomotor Movements	Perform selected locomotor skills during tag games. (Running, Jumping, Leaping, Hopping, Skipping, Sliding, Galloping, Stopping Dodging, Walking)	Observation and Feedback	

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