

Content Area: Comprehensive Health and Physical Education

Standard: 1. Movement Competence and Understanding in Physical Education

Prepared Graduates:

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities

Grade Level Expectation: Second Grade

Concepts and skills students master:

1. Demonstrate the elements of movement in combination with a variety of locomotor skills

Evidence Outcomes	21 st Century Skills and Readiness Competencies
Students can: <ul style="list-style-type: none">a. Demonstrate skipping, hopping, galloping, and sliding while transitioning on commandb. Demonstrate smooth transitions between sequential motor skills such as running into a jumpc. Move using the concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or fallingd. Identify major characteristics of the skills of walking, running, jumping, hopping, and leaping	Inquiry Questions: <ul style="list-style-type: none">1. How is walking different from running?2. What activities require one to change movement skill during the activity?3. How can one perform a skill without thinking about it?4. If you could only master one of the locomotor movements, which one would you choose, and why? Relevance and Application: <ul style="list-style-type: none">1. Individuals move skillfully under a variety of movement conditions.2. Individuals participate skillfully in a variety of games at home that require movement such as playing tag, skipping, or jumping rope. Nature of Physical Education: <ul style="list-style-type: none">1. Individuals who learn to move safely, effectively, and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.2. The different combinations or ways that movement can be performed are virtually limitless.3. The knowledge and understanding of concepts of movement and skill mechanics improve performance in a specific skill, and provide the foundation for transfer of skills in a variety of sports and activities.4. Individuals who learn the benefits of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.

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- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities

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Concepts and skills students master:

2. Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements

Evidence Outcomes

Students can:

- Move to even and uneven beats using various locomotor movements
 - Create a routine that includes two types of body rolls such as a log roll, egg roll, shoulder roll, or forward roll and a stationary balance position after each roll
- Jump rope repeatedly
 - Throw, catch, strike, and trap objects while being stationary and also moving toward a partner
 - Balance objects on various body parts while in various positions
 - Demonstrate static and dynamic balance on lines or low beams and benches

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. Why is it important to be able to move in both even and uneven rhythms?
2. What does it mean to have rhythm?
3. What body parts are involved when one jumps rope?

Relevance and Application:

1. Individuals participate in a variety of activities such as playing basketball with friends while maintaining control of the body.
2. Individuals participate successfully in activities that require balance.
3. Individuals participate in activities such as social dances that require movements to even and uneven beats.
4. Individuals participate in activities that require throwing and catching with a friend such as playing catch with a football.

Nature of Physical Education:

1. Individuals who learn to move safely, effectively, and efficiently and feel comfortable and confident in the performance of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.
2. Individuals who learn the benefits of motor skills are more likely to participate in health-enhancing forms of physical activity throughout life.