

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:

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.

Content Area: Comprehensive Health and Physical Education

Standard: 1. Movement Competence and Understanding in Physical Education

Prepared Graduates:

- Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities

Grade Level Expectation: Second Grade

Concepts and skills students master:

3. Use feedback to improve performance

Evidence Outcomes	21st Century Skills and Readiness Competencies
<p>Students can:</p> <ul style="list-style-type: none">a. Use self feedback to identify strengths and weaknesses as well as modifications that need to be made to improve the performance of a skill or physical movementb. Use instructor feedback to identify strengths and weaknesses as well as modifications that need to be made to improve performance of a skill or physical movementc. Identify methods to keep the brain healthy and ready to learnd. Identify brain-healthy foodse. Describe the role of water as an essential nutrient for the body and brain	<p>Inquiry Questions:</p> <ul style="list-style-type: none">1. Why is water essential for the body?2. When trying to improve skills, is it better to correct weaknesses or expand on strengths? Why?3. Which health habit is most important? Why?4. What are the advantages of instructor feedback over self feedback? <p>Relevance and Application:</p> <ul style="list-style-type: none">1. Individuals examine the effects of limited water consumption after playing or doing yard work on a hot day. <p>Nature of Physical Education:</p> <ul style="list-style-type: none">1. 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.2. The use of self and instructor feedback identifies strengths and weaknesses to improve performance.3. Keeping the brain healthy keeps the body healthy.4. Understanding the important relationship between the brain and its impact on physical performance and academic learning is integral in the development of the whole child.