

Queen of Angels Catholic School
Physical Education Grade 2 Curriculum

Student Name _____

Big Ideas are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.
- A “D” indicates a skill is Developing

Demonstrate an understanding of self space and general space by performing the locomotor and nonlocomotor movements with control utilizing the concept of effort: various degrees of time, force, and flow.	
10.3.3D - Identify and use safe practices in physical activity setting.	
<ul style="list-style-type: none"> • Terminology for effort-time (fast medium, slow) • force (stronge, medium. weak) • flow (free flow, jerky.) 	
10.4.3E – Identify reasons why regular participation in physical activities improves motor skills.	
10.5.3A –Recognize and use basic movement skills and concepts.	
<ul style="list-style-type: none"> • Locomotor movements (walking, running, jumping, hopping, galloping, skipping, sliding) • Nonlocomotor movements (bending, stretching, twisting, turning, pushing, pulling, swing, swaying, shaking, straining) 	
10.4.3D –Identify likes and dislikes related to participation in physical activities.	
<ul style="list-style-type: none"> • Manipulative movements (rolling, kicking a ball, throwing(underhanded, over handed, sidearm), bouncing, catching a ball, striking a ball using a short or long handle implement) • Roll a ball with balance and body control utilizing the concept of effort. 	
<ul style="list-style-type: none"> • Jumping rope- use various degrees of effort 	
<ul style="list-style-type: none"> • Demonstrate agility skills 	