

Physical Education  
Curriculum  
Second Grade

Taught	Unit	TEKS/SE and Alignment Objectives
First 6 weeks Ongoing Entire Year	Safety practices and procedures	1A travel independently in a large group while safely and quickly changing speed and direction  5A use equipment and space safely and properly
	Social development	7A display good sportsmanship 7B treat others with respect during play
	Movement	1D demonstrate mature form in walking, hopping, and skipping 1E demonstrate balance in symmetrical and non-symmetrical shapes from different basis of support 1K walk in time to a 4/4 underlying beat 1L perform rhythmical sequences such as simple folk, creative and ribbon routines 1N demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand
	Physical activity and health	3A describe and select physical activities that provide opportunities for enjoyment and challenge 3B participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration
Second 6 weeks Ongoing Entire Year	Safety practices and procedures	5B select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes and clothing  5F describe appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and dialing 911
	Social development	6A identify goals to be accomplished during simple games such as not getting tagged

		6B identify strategies in simple games and activities such as dodging to avoid being tagged
	Movement	1M jump a self-turned rope repeatedly 1N demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking a balloon or ball with hand
	Physical activity and health	4A identify how regular physical activity strengthens the heart, lungs, and muscular system 4B describe how the blood carries oxygen and nutrients through the body  5E identify safe cycling and road practices
Third 6 weeks Ongoing Entire Year	Safety practices	1A travel independently in a large group while safely and quickly changing speed and direction
	Social development	7A display good sportsmanship 7B treat others with respect during play
	Movement	1C combine shapes, levels, and pathways into simple sequences 1G demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control 1H demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position 1I demonstrate control weight transfers such as feet to hands with controlled landing and feet to back 2A recognize that attention to the feeling of movement is important in motor skill development
	Physical activity and health	3C partipate in appropriate exercises for flexibility in shoulders, legs, and trunk 3D lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping and jumping

Fourth 6 weeks Ongoing Entire Year	Safety practices	1B demonstrate skills of chasing, fleeing, and dodging to avoid or catch others
	Social development	7B respect others with respect during play
	Movement	1F demonstrate a variety of relationships in dynamic movement situations such a under, over, behind, next to, through, right, left, up, or down
		1J demonstrate the ability to mirror a partner 2B identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force
Physical activity and health	4C identify foods that enhance a healthy heart 4D explain the need for foods as a source of nutrients that provide energy for physical activity	
	Safety practices	5C list the effects the sun has on the body and describe protective measures such as sunscreen, hat, and long sleeves
Fifth 6 weeks	Social development	7B treat others with respect during play
	Movement	2N demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand
	Physical activity and health	4E describe the negative effects of smoking on the lungs and the ability to exercise
Sixth 6 weeks	Safety practices	5D list water safety rules and describe their importance
	Social development	7A display good sportsmanship 7B treat others with respect during play
	Movement	1D demonstrate mature form in walking, hopping, and skipping
	Physical activity and health	4F describe the need for rest and sleep in caring for the body

## Resources

Dynamic Physical Education for Elementary School Children--Robert P. Pangrazi

On The Move: Lesson Plans to accompany Children Moving  
Shirley Ann Holt/Hale