

DIOCESE OF HARRISBURG
PHYSICAL EDUCATION CURRICULUM

2nd & 3rd Grade

Content/Standard	2 nd & 3 rd GRADE EXPECTATIONS	Every 2 nd & 3 rd grader should be able to:	Suggested Skills & Practices	Date Assessed
<p>Standard One:</p> <p>PA 10.2.3 PA 10.3.3 PA 10.5.3</p>	<p>Demonstrates responsible personal and social behavior in physical settings to develop an awareness of God in an environment of respect in a manner consistent with Christian teachings.</p>	<p>Continue to develop and utilize acceptable behaviors for physical activity settings.</p> <ul style="list-style-type: none"> ❖ Exhibit self control ❖ Know the rules for participating in physical education class and for play at recess. ❖ Work in a group setting without interfering with others. ❖ Respond to teacher signals. ❖ Respond appropriately to rule reminders. ❖ Follow directions given to the class for an all-class activity. ❖ Know how to use a piece of equipment safely and properly put it away. ❖ Know how to take turns using a piece of equipment. ❖ Transfer “rules of the gym” to other areas of school and vice versa. ❖ Listen, follow directions, and stay on task in a constantly changing environment. 		

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<p>Standard Two:</p> <p>PA 10.4.3 PA 10.5.3</p>	<p>Demonstrate competency in many movements and proficiency in several movement forms.</p>	<p>Enjoy participation in physical activities and attain mature motor patterns for basic locomotor, non-locomotor, and selected isolated manipulative skills (throwing, catching, striking).</p> <ul style="list-style-type: none"> ❖ Begin to apply proper throwing, catching, and kicking technique. ❖ Maintain balance with control. ❖ Change direction quickly in response to a signal, for example, chasing, fleeing, and dodging. ❖ Walk and run using mature form. ❖ Dribble and pass a basketball. ❖ Jump and land for height/distance using mature form. ❖ Use a sidearm and overhand swing to strike an object. ❖ Jump rope with long and short ropes. ❖ Begin to demonstrate eye/hand/object coordination. ❖ Demonstrate simple dance/rhythmic movements. 	<p>Movement patterns:</p> <ul style="list-style-type: none"> ○ Chasing ○ Fleeing ○ Dodging ○ Jumping <p>Skills:</p> <ul style="list-style-type: none"> ○ Dribble ○ Pass ○ Catch ○ Kick ○ Strike 	

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Standard Three: PA 10.3.3 PA 10.5.3	Applies movement concepts and principles to the learning and development of motor skills.	Transfer knowledge and understanding to the learning and development of new skills. ❖ Use a sidearm and overhand swing to strike an object. ❖ Understand movement vocabulary. ❖ Recognize and describe game strategies using appropriate vocabulary. ❖ Begin to understand basic rules and concepts of sports/games. ❖ Understand that appropriate practice improves performance. ❖ Respond appropriately to a variety of cues for safety and skill development.	Striking Speed Flexibility Balance Faking Dodging Passing/receiving Moving to be open Defending space	

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<p>Standard Four:</p> <p>PA 10.2.3 PA 10.4.3</p>	<p>Exhibits a physically active lifestyle. (Active Living)</p>	<p>Develop positive attitudes toward participation in physical activity and a general awareness that physical activity is both fun and good for you.</p> <ul style="list-style-type: none"> ❖ Participate regularly in vigorous physical activity at a level sufficient to increase heart and breathing rate. ❖ Recognize that physical activity is good for personal well-being. ❖ Identify feelings that result from participation in physical activities. ❖ Describe healthful benefits that result from regular and appropriate participation in physical activity. ❖ Identify activities associated with physical fitness. ❖ Identify at least one activity that they participate in on a regular basis (formal or informal) outside of the class setting. 	<p>Likes/dislikes Playing fair Taking turns Sharing</p> <p>Outside activities:</p> <ul style="list-style-type: none"> ○ Housework ○ Yard work <p>Feelings:</p> <ul style="list-style-type: none"> ○ Frustration ○ Compromise ○ Joy ○ Anxiety <p>Recommend exercise 3 times per week</p>	

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<p>Standard Five:</p> <p>PA 10.1.3 PA 10.2.3 PA 10.3.3 PA 10.4.3 PA 10.5.3</p>	<p>Achieves and maintains a health-enhancing level of fitness.</p>	<p>Sustain physical activity for moderate periods of time.</p> <ul style="list-style-type: none"> ❖ Sustain moderate to vigorous physical activity for a specified time. ❖ Regularly participate in physical activity for the purpose of improving physical fitness. ❖ Check body responses during participation in moderate to vigorous physical activity. ❖ Engage in appropriate activity that results in the development of muscular strength. ❖ Identify and use principles of exercise to improve movement and fitness activities 	<p>Body responses;</p> <ul style="list-style-type: none"> ○ Heart rate ○ Breathing rate <p>Principles:</p> <ul style="list-style-type: none"> ○ Frequency ○ Intensity ○ Time ○ Type 	

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Standard Six: PA 10.2.3 PA 10.3.3	Demonstrates understanding and respect for differences among people in physical activity settings. (Cooperation)	Discover the joy of playing with friends and how social interaction can make activities more fun. ❖ Enjoy participation alone and work cooperatively with others. ❖ Learn to resolve conflicts in socially acceptable ways. ❖ Work cooperatively with a partner to improve a skill by using the critical elements of the process. ❖ Choose playmate without regard to personal differences. ❖ Demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior. ❖ Recognize that differences make people unique and are products of God's love just as they are products of God's love. ❖ Accept the teacher's decision regarding a personal rule infraction without displaying negative reaction toward others ❖ Assess his/her own performance problems without blaming others.	Personal differences: <ul style="list-style-type: none"> ○ Race ○ Gender ○ Skills 	

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Standard Seven: PA 10.2.3 PA 10.3.3 PA 10.4.3 PA 10.5.3	Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (Values Physical Activity)	While engaged in physical activities, students will associate positive feelings about participating in and trying new movement activities and skills. ❖ Experience positive feelings that result from participation in physical activities. ❖ Develop an understanding of why Physical Education classes are important and instill a desire to put learned skills into practice.	Design games and dance sequences for personal enjoyment.	