

PHYSICAL EDUCATION SECOND GRADE

ONGOING TEKS

2.1 **MOVEMENT.** Student **demonstrates** competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is **expected** to:

- A. *travel independently* in a large group while safely and quickly changing speed and direction
- B. *demonstrate* skills of chasing, fleeing and dodging to avoid or catch others
- D. *demonstrate* mature form in walking, hopping and skipping
- F. *demonstrate* a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left or down.
- G. *demonstrate* simple stunts that exhibits personal agility such as jumping with one or two footed take-offs and landing with good control
- M. *jump* a self-turned rope repeatedly
- N. *demonstrate* on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloons or ball with hand

2.2 **MOVEMENT.** Student **applies** movement concepts and principles to the learning and development of motor skills. The student is **expected** to:

- A. *recognize* that attention to the feeling of movement is important in motor skill development

2.3 **PHYSICAL ACTIVITY AND HEALTH.** The student **exhibits** a health enhancing, physically active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is **expected** to:

- A. *describe and select* physical activities that provide opportunities for enjoyment and challenge
- B. *participate* in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration
- C. *participate* in appropriate exercises for flexibility in shoulders, legs, and trunk

D. *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.

2.4 **PHYSICAL ACTIVITY AND HEALTH.** The student **knows** the benefits from being involved in daily physical activity and factors that affect physical performance. The student is **expected** to:

A. *identify* how regular physical activity strengthens the heart, lungs and muscular system

2.5 **PHYSICAL ACTIVITY AND HEALTH.** The student **knows and applies** safety practices associated with physical activities. The student is expected to:

A. *use* equipment and space safely and properly

2.6 **SOCIAL DEVELOPMENT.** The student **understands** basic components such as strategies and rules of structured physical activities including but not limited to games, sports, dance and gymnastics. The student is **expected** to:

A. *identify* goals to be accomplished during simple games such as not getting tagged

B. *identify* strategies in simple games and activities such as dodging to avoid being tagged

2.7 **SOCIAL DEVELOPMENT.** The student **develops** positive self-management and social skills needed to work independently and with others in physical activity settings. The student is **expected** to:

A. *display* good sportsmanship

B. *treat* others with respect during play

2nd SIX WEEKS

2.5 **PHYSICAL ACTIVITY AND HEALTH.** The student knows and applies **safety practices associated with physical activities.** The student is expected to:

F. *describe appropriate* reactions to **emergency situations** common to physical activity settings such as universal safety precautions and dialing 911

3rd SIX WEEKS

2.4 PHYSICAL ACTIVITY AND HEALTH. The student knows **the benefits from being involved in daily physical activity** and factors that affect physical performance. The student is expected to:

F. *describe the need for rest and sleep* in caring for the body

4th SIX WEEKS

2.1 MOVEMENT. Student demonstrates competency in **fundamental movement patterns and proficiency in a few specialized movement forms.** The student is expected to :

E. *demonstrate balance in symmetrical and non-symmetrical shapes* from different basis of support

H. *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

I. *demonstrate control weight transfers* such as feet to hands with controlled landing and feet to back.

2.2 MOVEMENT. The student applies **movement concepts and principles to the learning and development of motor skills.** The student is expected to:

B. *identify similar movement concepts and terms in a variety of skills* such as straddle position, ready position, ready position and bending knees to absorb force.

2.4 PHYSICAL ACTIVITY AND HEALTH. The student knows the benefits from **being involved in daily physical activity and factors that affect physical performance.** The student is expected to:

C. *identify foods that enhance a healthy heart*

D. *explain the need for foods as a source of nutrients that provide energy for physical activity.*

5th SIX WEEKS

2.1 MOVEMENT. Student demonstrates competency in **fundamental movement patterns and proficiency in a few specialized movement forms.** The student is expected to :

C. *combine shapes, levels and pathways into simple sequences*

E. *demonstrate balance in symmetrical and non-symmetrical shapes* from different basis of support

H. *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

J. *demonstrate the ability to mirror a partner*

K. *walk in time to a 4/4* underlying beat

L. *perform rhythmical sequences* such as simple folk, creative and ribbon routines.

2.4 PHYSICAL ACTIVITY AND HEALTH. The student knows the **benefits from being involved in daily physical activity and factors that affect physical performance.** The student is expected to:

B. *describe how the blood carries oxygen and nutrients through the body*

E. *describe the negative effects of smoking on the lungs and the ability to exercise*

2.5 PHYSICAL ACTIVITY AND HEALTH. The student knows and **applies safety practices associated with physical activities.** The student is expected to:

C. *list the effects the sun has on the body* and describe protective measures such as sunscreen, hat and long sleeves

6th SIX WEEKS

2.1 MOVEMENT. Student demonstrates competency **in fundamental movement patterns and proficiency** in a few specialized movement forms. The student is expected to :

L. *perform rhythmical sequences such as simple folk, creative and ribbon routines*

2.5 PHYSICAL ACTIVITY AND HEALTH. The student knows and applies **safety practices associated with physical activities.** The student is expected to:

D. *list water safety rules and describe their importance*

E. *identify safe cycling and road practices*