

# Physical Education Curriculum Guide - Second Grade

2020-2021

Approved by the Burch Charter School of Excellence Board of Trustees

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#### MISSION STATEMENT OF BURCH CHARTER SCHOOL OF EXCELLENCE:

Burch Charter School of Excellence (BCSE) was founded in September, 2008. Our primal mission is to enable students to reach their intellectual and personal potential. We strive to instill integrity and respect in our students' in partnership with families and the community. We maintain a blended learning environment that enhances positive character traits that ensures our students become productive 21st century world citizens. The Burch Charter School of Excellence, a public school, is committed to providing best practices for educating our students in an environment that enables them to develop into critical thinkers that evolve into digital, life-long learners. Our curriculum emphasizes literacy and mathematics infused with technology.

#### We believe:

- Our students will be effective communicators, quality producers, self-directed lifelong learners, community contributors, collaborative workers and complex thinkers;
- All students are entitled to opportunities to maximize their talents and abilities;
- Our ethnic and cultural diversity is our strength and prepares students for success in a global society;
- Setting high expectations for students, teachers and administrators ensures that our students successfully meet or exceed the New Jersey Student Learning Standards at all grade levels;
- Parents are essential partners in the education of their children;
- Maintaining a strong partnership with the Irvington community is integral to student success;
- Understanding, implementing and responding to current trends in technology is intrinsic to success in a 21<sup>st</sup> century world;
   In ensuring that the district has a well-trained, highly qualified and competent staff;
   In maintaining a safe and secure learning environment.

The underlying values and principles that drive our mission and vision are our personal responsibility, a strong work ethic, cooperation, respect for others, honesty, integrity and the firm belief that every child can learn.

## **Physical Education Domains:**

- Motor Skill Development
- Movement Skills and Concepts
- Strategy
- Sportsmanship, Rules and Safety
- Fitness
- Physical Activity

## **Practices:**

- Maintains physical, social, and emotional health by practicing healthy behaviors and goal setting.
- · Engages in a physically active lifestyle.
- Is knowledgeable about health and wellness and how to access health resources.
- Recognizes the influence of media, technology, and culture in making informed health-related decisions as a consumer of health products and services.
- Practices effective cross-cultural communication, problem solving, negotiation, and conflict resolution skills.
- Is accepting and respectful of individual and cultural differences.
- Advocates for personal, family, community, and global wellness and is knowledgeable about national and international public health and safety issues.

## **PACING CHART**

Unit	Time Frame
Unit 1: Skills Development	40-45 days
Traveling Chasing, Fleeing, Dodging Balancing Weight Transfer and Rolling Kicking and Punting Throwing and Catching	
Volley and Dribbling	
Unit 2: Fitness Body Awareness	35-40 days
Lead Up Games Spatial Awareness	
Fitness Components Game Strategies	
Total	75-85 days

## **Educational Technology**

Indicators: 8.1.2.A.4, 8.2.2.B.1

- Demonstrate developmentally appropriate navigation skills in virtual environments (i.e. games, museums). (Unit 1)
- ☐ Identify how technology impacts or improves life. (Unit 2)

## 21st Century Life and Careers Skills

**Indicators**: 9.1.4.A.1, 9.2.4.A.2

- Explain the difference between a career and a job, and identify various jobs in the community and the related earnings. (Unit 1)
- Identify various life roles and civic and work-related activities in the school, home, and community. (Unit 2)

## **Career Ready Practices**

Indicators: CRP3, CRP4, CRP6

- Attend to personal health and well-being. (Unit 1, Unit 2)
- Communicate clearly and effectively and with reason. (Unit 1, Unit 2)
- Demonstrate creativity and innovation. (Unit 1)

Grade: 2	Content: Physical Education	Unit 1: Skills Development
Topics: Traveling, Chasing, Fleeing, Dodging, Jumping,	Time Frame: 40-45 days	
Punting, Throwing, Catching, Volleying, and Dribbling		

## **New Jersey Student Learning Standards:**

- 2.5.2.A.1 Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e. skills practice) and applied settings (i.e. games, sports, dance, and recreational activities).
- 2.5.2.A.2 Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
- 2.5.2.B.1 Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
- 2.5.2.B.3 Determine how attitude impacts physical performance.
- 2.5.2.C.2 Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.
- 2.6.2.A.2 Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

Essential Questions	Enduring Understandings
Why do we learn different movements?  How does exercise keep you healthy?  What is open space?  What is personal space?  How do you keep personal space?  How does jumping, leaping and landing affect your health?  Why is it important to learn how to take off and land properly?  When do you use balance in your life?  What part of your foot do you use to strike the ball?  Where do you put your plant foot while kicking the ball?  What should you focus on while kicking?  What is the best way to catch and throw?  What foot should you step with when throwing?  How do you dribble/volley a ball?  Which equipment is used for dribbling activities?  Which equipment is used for volleying activities?	Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.  Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities. Cooperative strategies are necessary for all players to be successful in game situations.

#### **Skills**

#### Students will be able to:

- Develop, identify, apply and improve locomotive and traveling skills such as: climbing walking, running, hopping, jumping, skipping, sliding, leaping, and galloping.
- Develop and apply the coordination to participate in various activities.
- Develop and apply the motor skills necessary to: jump (jump rope), leap (hurdles), weight transfer, balance, and make directional changes.
- Develop and apply the skills necessary for kicking: partner or wall passing, target striking for distance and accuracy, and trapping.
- Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.
- Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.
- Develop and apply the skills necessary for throwing and catching, for example: self-pass, overhand throw, underhand throw, one handed throw, two handed pass, and an overhand catch
- Develop and apply the skills necessary to volley and dribble: bounce, catch, dribble, volley (overhand and underhand).

Vocabulary	Resources	Assessment/Project
Climb Run Jump Walk Slide Hop Gallop Skip Chase Leap Catch Freeze Boundary Dodge Strategy Fake Agility Ready Position Coordination Balance Passing Landing Team Work Direction Point Shooting Goal Trap	PE Central www.pecentral.com AAPHERD  http://www.aapherd.com/ SHAPE  America http://www.shapeamerica.com	Formative Assessments:  Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion  Summative Assessments:  Written Test Performance Test Peer Assessment

Target Dribble Volley Self-Pass Overhand Throw Underhand Throw One-Hand Throw Two-Hand Pass Overhand Catch Pass  Differentiat	ed Instruction	Alternative Assessment:  For Special Education students refer to accommodations and modifications indicated in IEP.  For 504 students refer to accommodations indicated in 504 plan.  ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.  Interdisciplinary Connections
Reteach/peer teaching activities     Repeat, clarify, or reword directions     Restricted warm-up activities     Fewer skills spread out over a longer period of time     Lead-up games only     Modifications in equipment or playing area     Addition of special game rules for medical or other limitations     Assign students a Bilingual or English-speaking buddy	Enrichment, Gifted and Talented     Enrichment activities     Independent student options     Cross-curricular activities     Present/Discuss sports current events     Teach and demonstrate skills to other students	Music:  Apply tempo, beat, and rhythm to various motor skill activities to show how they can support coordination and balance. (1.3.2.B.1)  Dance: Focus on maintaining personal space when performing movement activities. (1.3.2.A.3)

#### **Differentiated Instruction** ELL **Entering Beginning** Developing ☐ Use a whistle to demonstrate start and Demonstrate/model the activity for the Develop non-verbal cues, such as holding up a hand to say "stop." students. stop times. Ask literal questions-who, when, where, Ask yes or no questions (i.e. Is this a Ask students to categorize objects. question, Does this...?) Provide books and audiobooks with what. Use "point to", "circle", "find", "show patterned sentence structure and Ask questions with 1-3 word answers. ПП me", "draw", "match". pictures. Use bilingual picture Ask questions with an either/or option. dictionary and have students create Teach basic survival English, such as Ask students to list, name, tell, which, "bathroom", "lunch", "home". personal illustrated dictionaries. categorize, draw, label, or create. Help the student to learn the classroom Label objects around the room and Provide sentence and answer frames. and school routines. around the school in English and other Ask the student to write a sentence or so languages. Use a student buddy, if Use visuals such as pictures, gestures, to describe a picture. and pointing. possible someone with the same Create "I need" cards for student to language. hold up when he or she needs something. Use a student buddy, if possible someone with the same language.

Expanding	Bridging	Reaching
Mark/Label positions on playing space using pictures or symbols. Ask how and why questions. Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell about, describe, explain. Encourage students to use full sentences.	Use sentence frames to teach discipline specific vocabulary. Support the context with videos of activities students may not have background knowledge with.  Ask how and why questions.  Ask student to tell "what would happen if questions, Tell me as much as you can about"  Check for understanding of academic vocabulary.  Give the student a list of target words for	Collaborate with peers and use academic vocabulary while executing a movement skill.  Ask student to tell about, describe, or explain.  Ask student to explain similarities and differences.  As student to tell "Why do you think?" or "What would you recommend?" Make modifications to assignments and tests as necessary.
Make modifications to assignments and tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.	each unit of study.  Explicit instruction on function words (i.e.  "however", "moreover", "in contrast", etc.)	 Students should have a list of target words for each unit of study. Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.

Differentiated Instruction			
Special Education	504		
Use well defined boundaries and reduce the playing area.  Extra time for assigned tasks  Communication system between home and school  Provide a warning for transitions  Buddy students with peers  Provide immediate feedback  Visual and verbal reminders	<ul> <li>Decrease the distance and provide oral prompts to skill directions.</li> <li>Adjust length of assignment</li> <li>Communication system between home and school</li> <li>Repeat clarify or reword directions</li> <li>Small group instruction</li> <li>Brief concrete directions</li> <li>Provide immediate feedback</li> <li>Visual graphic organizers</li> </ul>		

Grade: 2	Content: Physical Education	Unit 2: Fitness
Domain: Body Awareness, Lead Up Games, Spatial Awareness, Fitness Components, Game Strategies		Time Frame: 35-40 days

## **New Jersey Student Learning Standards:**

- 2.5.2.A.3 Respond in movement to changes in tempo, beat, rhythm, or musical style.
- 2.5.2.A.4 Correct movement errors in response to feedback.
- 2.5.2.B.2 Explain the difference between offense and defense.
- 2.5.2.B.4 Demonstrate strategies that enable team and group members to achieve goals.
- 2.5.2.C.1 Explain what it means to demonstrate good sportsmanship.
- 2.6.2.A.1 Explain the role of regular physical activity in relation to personal health.
- 2.6.2.A.2 Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
- 2.6.2.A.3 Develop a fitness goal and monitor progress towards achievement of the goal.

Essential Questions	Enduring Understandings		
How does body awareness affect exercise? Why do you need to be aware of how your body moves? What is strategy? Which fitness activities do you like? How much exercise should we get each day? How does exercise keep you healthy? What does it mean to be physically fit? How does effective and appropriate movement affect your health? Why must I know the rules of the game? What is sportsmanship? What made you a good teammate during the activity? Why is it important to incorporate all participants into the activity?	<ul> <li>Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.</li> <li>Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations.         Achieving and maintaining fitness requires age-appropriate intensity, duration, and frequency of exercise.         Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness.         Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.     </li> </ul>		
	<ul> <li>Implementing effective offensive, defensive and cooperative strategies is necessary for all players to be successful in game situations.</li> </ul>		
	When you feel comfortable and confident when performing motor skills, you are more likely to participate in health-enhancing forms of physical activity throughout life.		

#### Skills

#### Students will be able to:

- · Develop and Apply the skills necessary to complete the following activities: log roll, forward roll, tumbling
- Develop and apply the skills necessary to demonstrate good technique when participating in games: offensive strategy, defensive strategy, cooperative strategy, player positioning, faking, dodging, defending space, personal/team strategies, varying speeds/pathways, transition
- Develop and apply the skills necessary to demonstrate physical fitness: cardiovascular endurance, muscular endurance, muscular strength, balance, wellness, cultural influences, flexibility, speed, fitness goals
- Develop and apply the skills necessary to demonstrate spatial awareness: relationships to objects, people, self, general space, direction, levels 

  Develop and apply the skills necessary to play a game with other students: tag, cooperative challenges, competitions 

  Follow the rules and etiquette of a game
- Demonstrate sportsmanship
- Working together toward a common goal

	Vocabulary	Resources	Assessment/Project
Log Roll Tumbling Offense Player Position Dodge Warm Up Strength Balance Core General Space	Forward Roll Strategy Defense Fake Stretch Fitness Endurance Speed Personal Space	PE Central www.pecentral.com  AAPHERD http://www.aapherd.com/ SHAPE  America http://www.shapeamerica.com	Formative Assessments:
	Boundaries		☐ Performance Test

Rules Sc Cooperative Co Game Go Left Ri	portsmanship core ompetitive ame ight orward		Peer Assessment  Alternative Assessment:  For Special Education students refer to accommodations and modifications indicated in IEP.  For 504 students refer to accommodations indicated in 504 plan.  ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.
	Differentia	ated Instruction	Interdisciplinary Connections
At Risk	k Students	Enrichment, Gifted and Talented	
<ul> <li>Repeat, clarif</li> <li>Fewer skills s         period of tim</li> <li>Lead-up game</li> <li>Restricted wate</li> <li>Modifications         area</li> <li>Addition of sy         medical or ot</li> </ul>	es only arm up activities s in group size during s in equipment or playing pecial game rules for ther limitations nts a Bilingual or English-	<ul> <li>Enrichment activities</li> <li>Independent student options</li> <li>Cross-curricular activities</li> <li>Present/Discuss sports current events</li> <li>Teach and demonstrate skills to other students</li> <li>Cross-curricular activities</li> </ul>	Predict and object relative speed, path, or how far it will travel using various forces and surfaces. (K-2-ETS1-3)

Differentiated Instruction				
Entering	Beginning	Developing		
Use visuals to support students with activities.  Ask yes or no questions (i.e. Is this a question, Does this?)  Use "point to", "circle", "find", "show me", "draw", "match".  Teach basic survival English, such as "bathroom", "lunch", "home". Help the student to learn the classroom and school routines. Use visuals such as pictures, gestures, and pointing.  Create "I need" cards for student to hold up when he or she needs something.  Use a student buddy, if possible someone with the same language	Present information using modeling and videos to demonstrate expected execution of skills.  Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages.  Use a student buddy, if possible someone with the same language.	Utilize a total physical response approach to demonstrate skills.  Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers.  Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.		

Expanding	Bridging	Reaching
Have students use songs and games that require following along with a model to facilitate language. Ask how and why questions. Check for understanding by asking students to tell you what something means.  Students can paraphrase the assignment to you.  Ask student to tell about, describe,	□ Use picture cards with labels to explain fitness moves (i.e. high kneeling, etc.).  Ask how and why questions.  Ask student to tell "what would happen if questions, Tell me as much as you can about"  Check for understanding of academic vocabulary.  Give the student a list of target words for each unit of study.	Ask students to explain their fitness goal using vocabulary that was previously taught.  Ask student to tell about, describe, or explain. Ask student to explain similarities and differences.  As student to tell "Why do you think?" or "What would you recommend?"  Make modifications to assignments and tests as necessary.  Students should have a list of target words for
explain. Encourage students to use full sentences. Make modifications to assignments and tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.	Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.)	each unit of study.  Help with writing skills as they will continue to need assistance with self-editing, especially syntax and word usage.

Differentiated Instruction		
Special Education		504
•	Slow the pace of the activity or lengthen the time needed to complete a fitness activity.  Extra time for assigned tasks  Communication system between home and school  Provide a warning for transitions  Buddy students with peers  Provide immediate feedback  Visual and verbal reminders	<ul> <li>Give continuous verbal and/or visual cues when executing fitness activities.</li> <li>Adjust length of assignment</li> <li>Communication system between home and school</li> <li>Repeat clarify or reword directions</li> <li>Small group instruction</li> <li>Brief concrete directions</li> <li>Provide immediate feedback</li> <li>Visual graphic organizers</li> </ul>