

# **Instructional Objectives**

## **2<sup>nd</sup> grade**

### **Movement Concepts**

Student will demonstrate comprehension of selected movement concepts (space, body, awareness, locatives, shape, level, direction, pathway, rhythm, speed and effort) by assuming requested concepts during activity challenges posed by the instructor on two or three trials.

Student will demonstrate capacity to apply selected movement concepts to solve spelling and math challenges posed by the instructor on two of three trials.

Student will distinguish among selected non-locomotor movements (swing, push, rock, sway and balance) and correctly execute the requested pattern in response to movement challenges posed by the instructor during two of three trials.

Student will apply selected non-locomotor and shape concepts while executing selected locomotor skills (walk, run, jump, hop, slide, gallop, skip, roll, underhand throw, catch, kick, and strike) during movement challenges posed by the instructor on two or three trials.

### **Physical Fitness**

Student will run demonstrating the form listed in the task analysis for eight minutes without stopping maintaining a medium speed on two of three trials.

Student will run demonstrate comprehension of effort and heart rate by running or jogging in place to raise or lower heart rate as requested by the instructor on two of three trials.

### **Locomotor Skills**

Student will demonstrate combinations of the walk, run, hop and leap using the form listed in the task analysis for 15 seconds without collision to peers or objects in response to movement challenges presented by the instructor on two of three trials.

Student will distinguish among selected even locomotor movements to correctly execute the pattern requested by the instructor on two of three trials.

Student will execute a gallop demonstrating the form listed in the task analysis for 20 seconds without collision to peers or obstacles during class activities presented by the instructor on two of three trials.

Student will execute a slide demonstrating the form listed in the task analysis for 20 seconds without collision to peers or obstacles during class activities presented by the instructor on two of three trials.

Student will demonstrate combinations of the gallop, slide and skip during movement challenges presented by the instructor during two of three trials.

Student will distinguish among the slide, gallop and skip to correctly execute the skill requested by the instructor during class activities on two of three trials.

### **Jump Rope**

Student will demonstrate a two foot jump rope pattern using the form described in the task analysis while the rope moves forward for 30 repetitions on two of three trials.

Student will demonstrate a two foot jump rope pattern using the form described in the task analysis while the rope moves backward for 15 repetitions on two of three trials.

Student will distinguish between forward and backward directions by correctly selecting the pattern requested by the instructor during the class activities on two of three trials.

Student will jump rope while two partners turn a long rope demonstrating the form in the task analysis with a partner inside the rope completing 10 repetitions on two of three trials.

Student will identify the relationship between participation in jump rope activities and cardiovascular fitness by answering random questions posed by the instructor two of three times during the jump rope sessions presented in physical education class.

### **Manipulative Skills**

Student will execute a foot dribble demonstrating the form in the task analysis controlling an eight inch playground ball for 15 seconds during two of three trials.

Student will execute a foot trap demonstrating the four most critical points described in the task analysis to stop an eight inch playground ball rolled 15 feet by a partner on two of three trials.

Student will execute a pass demonstrating the four most critical points described in the task analysis to a stationary partner 15 feet away on two of three trials.

Student will execute a drop kick demonstrating the four most critical points listed in the task analysis 10 feet on two of three trials.

Student will execute an overhand throw demonstrating the form listed in the task analysis 20 feet to a stationary target or partner on two of three trials.

Student will execute an underhand catch demonstrating the form listed in the task analysis to stop a ball rolled 20 feet by a partner on two of three trials.

Student will execute an overhand catch demonstrating the form listed in the task analysis to stop a ball rolled 20 feet by a partner on two of three trials.

Student will execute a hand dribble with the dominant hand demonstrating the form listed in the task analysis controlling an eight inch playground ball for 15 seconds on two of three trials.

Student will execute an underhand strike pattern demonstrating the four most critical points listed in the task analysis using both arms to propel an implement upward five feet on two of three trials.

Student will execute an underhand strike pattern demonstrating the four most critical points listed in the task analysis using both arms to propel an implement upward five feet on two of three trials.

Student will execute an underhand strike pattern demonstrating the form listed in the task analysis using the dominant hand to propel an implement 10 feet over a stationary barrier to a stationary target on two of three trials.

Student will execute a horizontal swing demonstrating the form listed in the task analysis to contact a ball perched on a T stand propelling the ball 15 feet on two of three trials.

### **Rhythms**

Student will distinguish between even and uneven rhythmic patterns to execute the movements required in selected activities such as aerobics, circle, line, square dance, tinkling or lummi sticks on two of three trials.

Students will execute even and uneven motor patterns maintaining a heart rate of 128 beats per minute for 15 minutes during class activities on two of three trials.

### **Tumbling**

Student will execute a forward roll demonstrating the form listed in the task analysis on two of three trials.

Student will execute a backward roll demonstrating the four most critical points listed in the task on two of three trials.

Student will execute a tripod demonstrating the four most critical points listed in the task analysis for 5 seconds on two of three trials.

### **Personal Social Skills**

Student will demonstrate respect for others by responding to teacher instructions within 5 seconds, raising a hand to signal a request to speak during class discussions, and maintaining personal space while participating in Physical Education class.

Student will demonstrate responsibility by being appropriately dressed (activity clothes, tennis shoes) for Physical Education class 4/5 scheduled days.

Student will demonstrate cooperation through sharing of equipment and space with classmates during class activities on 4/5 trials.

Students will demonstrate pride in accomplishment by attempting all class activities presented in Physical Education on 4/5 trials.