

Suggested Instructional Sequence 2nd Grade

<p>1 Movement concepts</p>	<p>Day 1 Review movement concepts presented in 1st grade</p> <ul style="list-style-type: none"> • Boundaries • Body image • Home space • Color space <p>Body part identification:</p> <ul style="list-style-type: none"> • Shins • Chin • Thigh • Shoulders • Palms • Soles • Heels • Neck • Heart <p>Activities:</p> <ul style="list-style-type: none"> • Simon says • Freeze and touch (music and whistle) • Whistle stop • Everybody run 	<p>Day 2 Review day 1 – movement concepts (isolate body parts, apply shapes) Locative:</p> <ul style="list-style-type: none"> • Front • Behind • Around • Over • Through <p>Direction:</p> <ul style="list-style-type: none"> • Forward • Backward • Sideward • Up/down <p>Partner activities (working on locative) Equipment suggested:</p> <ul style="list-style-type: none"> • Hoops • Carpet square • Poly squares <p>Activities:</p> <ul style="list-style-type: none"> • Motor cycle • Barnyard tag • Drive the care with hoops • Drive your partner • Follow the leader • Beanbag hula
<p>2 Movement concepts</p>	<p>Day 1 Review locomotor movements Review:</p> <ul style="list-style-type: none"> • Level (high, low, medium) • Shape (wide, narrow, bend, straight, twist) • Direction <p>Activities:</p> <ul style="list-style-type: none"> • Musical hoops 	<p>Day 2 Review pathways with hoops</p> <p>Combination of:</p> <ul style="list-style-type: none"> • Non-locomotor • Locomotor <p>Activities:</p> <ul style="list-style-type: none"> • Back to back • Line tag

	<ul style="list-style-type: none"> • Whistle mixer 	
<p>3 Movement concepts/ Non- Locomotor skills</p>	<p>Day 1 Review speed/stretching</p> <ul style="list-style-type: none"> • Fast • Slow <p>Introduce Target Heart Rate (THR)</p> <ul style="list-style-type: none"> • Pacer • Hopping and leaping <p>Non-locomotor</p> <ul style="list-style-type: none"> • Rock • Shake • Swing • Sway push away • Pull close <p>Activities:</p> <ul style="list-style-type: none"> • Partner pull/pushing on scooters • Island and bridges • Carpet squares • Fireman • Octopus tag • Locomotor line tag 	<p>Day 2 Review day 1 Pathway:</p> <ul style="list-style-type: none"> • Straight • Zigzag • Curved <p>Shape:</p> <ul style="list-style-type: none"> • Bent • Straight <p>Activities:</p> <ul style="list-style-type: none"> • Ship wreck • Follow the leader • Line tag • Cat and mouse • People eater
<p>4 Fitness assessment</p>	<p>Day 1 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run 	<p>Day 2 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run
<p>5 Fitness assessment</p>	<p>Day 1 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run 	<p>Day 2 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run
<p>6 Fitness assessment</p>	<p>Day 1 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups 	<p>Day 2 Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups

	<ul style="list-style-type: none"> • Push ups • Pacer run 	<ul style="list-style-type: none"> • Push ups • Pacer run
7 Manipulative Skills	<p>Day 1 Introduce soccer foot dribble</p> <ul style="list-style-type: none"> • Inside/outside • Controlling ball <p>Activities:</p> <ul style="list-style-type: none"> • Sharks and minnows • Dribble • Whistle stop • Star drill 	<p>Day 2 Review day 1</p> <p>Introduce passing to partner</p> <p>Activities:</p> <ul style="list-style-type: none"> • Star drill • Dribble keep away
8 Manipulative Skills	<p>Day 1 Review soccer pass, dribble, trap</p> <p>Activities</p> <ul style="list-style-type: none"> • Star drill • Dribble keep away • Circle soccer 	<p>Day 2 Review day 1</p> <p>Introduce kick off tee</p> <p>Introduce kick and retrieve</p> <p>Introduce punt for distance or to a target</p> <p>Activities:</p> <ul style="list-style-type: none"> • One-on-one kickball
9 Manipulative Skills	<p>Day 1 Introduce drop kick/punt (one step, drop, kick)</p> <p>Bounce/kick in the air</p> <p>Activities:</p> <ul style="list-style-type: none"> • Punt over • Clean backyard • Busy bees 	<p>Day 2 Review day 1</p> <p>Stations</p> <ul style="list-style-type: none"> • Foot dribble • Stationary kick • Punt • Fitness
10 Manipulative Skills	<p>Day 1 Review 1st grade skills – Jump rope</p> <p>Introduce/review single rope</p> <p>Introduce turning</p> <p>Introduce how to jump with long rope</p>	<p>Day 2 Review day 1</p> <p>Introduce combining foot patterns</p> <p>Activities:</p> <ul style="list-style-type: none"> • Make up individual patterns • Pattern/routines

	<p>Activities:</p> <ul style="list-style-type: none"> • Jake the snake 	
11 Manipulative Skills	<p>Day 1 Introduce long rope turning</p> <p>Introduce how to jump with long rope</p> <p>Activities:</p> <ul style="list-style-type: none"> • Practice in groups of 3-4 	<p>Day 2 Review day 1</p> <p>Continue long rope instruction with games in groups</p> <p>Activities:</p> <ul style="list-style-type: none"> • Too late • School
12 Locomotor Skills	<p>Day 1 Review gallop/slide (assess skipping)</p> <ul style="list-style-type: none"> • Around obstacles • Patterning • Combining skills <p>Activities:</p> <ul style="list-style-type: none"> • Line locomotor tag • Color race 	<p>Day 2 Review day 1</p> <p>Locomotor games</p> <p>Activities:</p> <ul style="list-style-type: none"> • Cat/mouse • Back-to-back • Ship wreck
13 Manipulative Skills	<p>Day 1 Review underhand throw</p> <ul style="list-style-type: none"> • Wall or target • Distance <p>Activities:</p> <ul style="list-style-type: none"> • Stations (turkey toss) • Medic • Busy bees 	<p>Day 2 Review day 1</p> <p>Review catching</p> <ul style="list-style-type: none"> • Overhand • Underhand <p>Activities:</p> <ul style="list-style-type: none"> • Toss and catch with partner • Star drill
14 Manipulative Skills	<p>Day 1 Review overhand throw and catching</p> <p>Introduce games requiring catching and throwing</p> <p>Activities:</p> <ul style="list-style-type: none"> • Medic • Star drill 	<p>Day 2 Review day 1</p> <p>Vary activities (stations)</p> <p>Activities:</p> <ul style="list-style-type: none"> • Guard your pin • American bean bag
15 Manipulative Skills	<p>Day 1 Introduce dribbling basketball</p>	<p>Day 2 Review day 1</p>

	<ul style="list-style-type: none"> • Personal space • Dominant hand • Non-dominant hand • Movement challenges • Around cones <p>Activities:</p> <ul style="list-style-type: none"> • Whistle stop (stay in personal space) • Dribble frenzy 	<ul style="list-style-type: none"> • Cross midline • General space • Vary level • Vary speed <p>Activities:</p> <ul style="list-style-type: none"> • What's the count • Whistle stop (move through general space) • Dribble frenzy
16 Manipulative Skills	<p>Day 1 Review dribbling</p> <p>Introduce bounce pass (review bounce and catch from 1st grade)</p> <p>Practice bounce and catch with partner</p> <p>Activities:</p> <ul style="list-style-type: none"> • Dribble frenzy • Timed pass (how many can you and your partner complete in designated time period?) 	<p>Day 2 Review dribbling, bounce pass</p> <p>Play bounce games (see activities)</p> <p>Activities:</p> <ul style="list-style-type: none"> • Star drill • Monkey in the middle
17 Manipulative Skills	<p>Day 1 Review underhand striking from 1st grade</p> <p>Introduce striking with hand</p> <p>Activities:</p> <ul style="list-style-type: none"> • Keep it up (for designated time) • Volley to wall 	<p>Day 2 Review day 1</p> <p>Introduce overhand striking with hand</p> <p>Activities:</p> <ul style="list-style-type: none"> • Volley with partner • Volley with partner over obstacles
18 Manipulative Skills	<p>Day 1 Review under hand striking</p> <p>Introduce striking underhand striking with paddle</p> <p>Activities:</p> <ul style="list-style-type: none"> • Net volley • Line volleying 	<p>Day 2 Review over hand striking</p> <p>Introduce striking overhand striking with paddle</p> <p>Activities:</p> <ul style="list-style-type: none"> • Net volley • Line volleying
19 Manipulative Skills	<p>Day 1</p>	<p>Day 2</p>

	Striking stations	Striking stations Activities: <ul style="list-style-type: none"> • Clean up your own backyard
20 Manipulative Skills	Day 1 Stations: Fitness and Manipulatives	Day 2 Stations: Fitness and Manipulatives
21 Manipulative Skills	Day 1 Introduce rhythmic skills Activities: <ul style="list-style-type: none"> • Aerobics • Circle dances • Line dances • Tinkling • Square dances • Lummi sticks 	Day 2 Review activities from day 1 Activities: <ul style="list-style-type: none"> • Aerobics • Circle dances • Line dances • Tinkling • Square dances • Lummi sticks
22 Manipulative Skills	Day 1 Review log roll, egg roll, and forward roll Review rock and rolls (rock backwards on back) Activities: <ul style="list-style-type: none"> • Stations 	Day 2 Review day 1 Introduce the backward roll Activities: <ul style="list-style-type: none"> • Stations
23 Manipulative Skills	Day 1 Introduce stunts (individual) <ul style="list-style-type: none"> • Turk stand • Thread the needle • Coffee grinder • V-sit • Jump n' slap heels • Knee dip • Through the stick 	Day 2 Introduce stunts (partners) <ul style="list-style-type: none"> • Back to back stand up • Partner pull up • Centipede • Rocker • Wheel barrel • Wring the dishrag • Greeter
24 Manipulative Skills	Day 1 Introduce forehand strike (2 arm) Activities: <ul style="list-style-type: none"> • Bump with arms to target • Partner supported toss and strike 	Day 2 Introduce overhand strike (2 hand) Activities: <ul style="list-style-type: none"> • Hit at wall target • Partner supported toss and strike
25 Manipulative Skills	Day 1 Introduce underhand serve	Day 2 Review day 1,2 and 3

	<p>Activities:</p> <ul style="list-style-type: none"> • Serve to target • Serve over obstacle • Serve and pass back with partners 	<p>Activities:</p> <ul style="list-style-type: none"> • Stations
26 Manipulative Skills	<p>Day 1 Introduce</p> <ul style="list-style-type: none"> • Hockey dribble • Dribble around obstacle <p>Activities:</p> <ul style="list-style-type: none"> • Whistle stop with hockey dribble 	<p>Day 2 Introduce</p> <ul style="list-style-type: none"> • Pass to partner • Dribble and pass <p>Activities:</p> <ul style="list-style-type: none"> • Star dribble
27 Manipulative Skills	<p>Day 1 Review weeks 10 and 11</p> <p>Activities: (partners)</p> <ul style="list-style-type: none"> • Long rope games 	<p>Day 2 Continue jumping activities</p> <p>Activities:</p> <ul style="list-style-type: none"> • Jump the shot • Jump the brook • Long jump (standing)
28 Manipulative Skills	<p>Day 1 Introduce striking/batting</p> <ul style="list-style-type: none"> • Off tee to partner • Off tee run to base 	<p>Day 2 Review day 1</p> <p>Introduce</p> <ul style="list-style-type: none"> • Partner field • One base
29 Manipulative Skills	<p>Day 1 Review all manipulative in stations</p> <p>Combine skills</p>	<p>Day 2 Continue day 1 and vary skills (add more combinations)</p> <ul style="list-style-type: none"> • Throw/catch
30 Manipulative Skills	<p>Day 1 Review manipulative skills incorporating into suggested game activities</p> <p>Activities:</p> <ul style="list-style-type: none"> • Fire drill • Roll and go • Touch base relay • Star drill 	<p>Day 2 Continue review of manipulative skills</p> <p>Activities:</p> <ul style="list-style-type: none"> • Volley shot • Whistle stop • Progressive paddle • Busy bee
31 Fitness assessment	Day 1	Day 2

	<p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run 	<p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run
<p>32 Fitness assessment</p>	<p>Day 1</p> <p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run 	<p>Day 2</p> <p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run
<p>33 Fitness assessment</p>	<p>Day 1</p> <p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run 	<p>Day 2</p> <p>Fitness Testing</p> <ul style="list-style-type: none"> • Flexibility • Curl ups • Push ups • Pacer run
<p>34 Manipulative/Fitness Skills</p>	<p>Day 1</p> <p>Stations: Fitness and Throwing Skills</p>	<p>Day 2</p> <p>Stations: Fitness and Striking Skills</p>
<p>35 Manipulative Skills/Fitness</p>	<p>Day 1</p> <p>Stations: Fitness and Kicking Skills</p>	<p>Day 2</p> <p>Stations: Fitness and Hand Dribble, Passing Skills</p>
<p>36 Manipulative Skills/locomotor skills</p>	<p>Day 1</p> <p>Parachute</p>	<p>Day 2</p> <p>Parachute</p>