

2nd Grade At A Glance

| Themes <i>Duration</i> | Movement | Fitness | Attitudes | Benchmark Rubrics |
|---|--|---|---|--------------------------|
| Basic Training <i>Three Weeks</i> | 2.1A Traveling , 2.2A Body Awareness 2.1N Striking, 2.1B Fleeing/Dodging 2.1E Balance 2.1D locator skills | 2.3B MVPA, 2.5C Protective Measures, 2.5D Water Safety, 2.4F Rest & Sleep 2.5AEquipment/Space Safety 2.5F Reacting to Emergencies, 2.5B Proper Attire, 2.3A Enjoyment/Challenge | 2.7A Sportsmanship 2.7B Respect 2.6A Goals 2.6B Strategies | BM. 2.10-12 |
| Move it to the Right, Move it to the Left <i>Four Weeks</i> | 2.1A Traveling, 2.1E Balance 2.1J Direction, 2.2B Movement Concepts 2.1D Locomotor Skills, 2.1B Fleeing/ Dodging | 2.3A Enjoyment/Challenges, 2.3D Strength 2.3B MVPA, 2.4A Health/Muscles/Lungs 2.5A Equipment/Space Safety, 2.5E Road Practices | 2.6A Goals 2.6B Strategies 2.7A Sportsmanship 2.7B Respect | BM. 2.1 BM.2.11-12 |
| Dancing with the Stars <i>Four Weeks</i> | 2.1F Patterns, 2.1.D Locomotor Skills 2.1 K Rhythms, 2.1L Rhythmical Sequence, 2.1C Simple Sequences, 2.2A Body Awareness, 2.1G Simple Stunts, 2.2B Movement Concepts, 2.1E Balance , 2.1H Roll | 2.3B MVPA, 2.3C Flexibility, 2.3D Strength, 2.3A Enjoyment/Challenges, 2.4A Heart/Muscles/Lungs, 2.5A Equipment/Space Safety | 2.7A Sportsmanship 2.7B Respect | BM. 2.2 BM. 2.11-12 |
| Heads Up <i>Four Weeks</i> | 2.2A Body Awareness, 2.2BMovement concept 2.1N Kick/Strike | 2.3A Enjoyment/Challenge 2.3B MVPA, 2.3C Flexibility, 2.5A Equipment/Space safety, 2.4A Heart/Muscles/Lungs, 2.5B Proper Attire | 2.7A Sportsmanship 2.7B Respect | BM. 2.4-6 BM. 2.11-12 |
| Catch Me If You Can <i>Four Weeks</i> | 2.1A Traveling, 2.1D Locomotor Skills, 2.1B Fleeing/dodging, 2.1J Direction, 2.2B Movement Concepts, 2.2A Body Awareness | 2.3B MVPA, 2.5A Equipment/Space Safety 2.4A Heart/Muscles/Lungs 2.4F Rest/Sleep,2.3A Enjoyment/Challenge, 2.4C Healthy Heart, 2.3D Strength | 2.6B Strategies 2.6A Goals 2.7A Sportsmanship 2.7B Respect | BM. 2.11-12 |
| Let's Get Fit <i>Two Weeks</i> | 2.1A Traveling, 2.1D Locomotor Skills, 2.2A Body Awareness, 2.1F Patterns | 2.3A Enjoyment/Challenge 2.3B MVPA, 2.3C Flexibility 2.5A Equipment/Space Safety | 2.6A Goals 2.7A Sportsmanship 2.7B Respect | BM. 2.8 BM.2.11-12 |
| Tumble Weeds <i>Three Weeks</i> | 2.1E Balance, 2.1G Simple Stunts 2.1H Roll, 2.2AB Movement Concepts, 2.1J Direction | 2.3C Flexibility, 2.3D Strength 2.5A Equipment/Space Safety,2.3A Equipment/Challenges, 2.4A Heart/Muscles/Lungs | 2.7A Sportsmanship 2.7B Respect 2.6A Goals | BM. 2.7 BM.2.11-12 |
| Jumping Jack Flash <i>Three Weeks</i> | 2.1G Simple stunts 2.1I Weight Transfer 2.1 M Foot Work | 2.3B MVPA 2.3D Strength 2.5A Equipment/Space Safety | 2.7A Sportsmanship 2.7B Respect | BM. 2.3 BM.2.11-12 |
| Little Dribblers | 2.1N Hand/Foot Dribble, 2.1A Traveling, 2.1B Fleeing/Dodging, 2.2B Movement | 2.3B MVPA, 2.4A Heart/Muscles/Lungs, 2.3D Strength, 2.4E Effects of Smoking, | 2.6B Strategies 2.7A Sportsmanship | BM. 2.6 BM. 2.11-12 |

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| Themes Duration | Movement | Fitness | Attitudes | Benchmark Rubrics |
|---|--|--|---|-----------------------------------|
| Three Weeks | Concepts | 2.5A Equipment/Space Safety, 2.3A Enjoyment/Challenges | 2.7B Respect 2.6A Goals | |
| Living The Good Life Four Weeks | 2.1A Traveling, 2.2B Movement Concepts, 2.1D Locomotor Skills, 2.1B Fleeing/Dodging, 2.2A Body Awareness | 2.3B VMPPA, 2.4A Heart/Muscles/Lungs, 2.4B Circulation, 2.4C Healthy Heart, 2.4D Nutrients, 2.4E Effects of Smoking, 2.4F Rest & Sleep | 2.7A Sportsmanship 2.7B Respect 2.6A Goals | BM. 2.9 BM. 2.11-12 |
| Coordinated School Health Twelve Days | 2.1A Traveling 2.1B Fleeing/Dodging 2.1D Locomotor Skills | 2.3B MVPA, 2.4A Heart 2.4A Lungs, 2.4A Muscles 2.4BCD Healthy Foods | 2.6A Goals 2.6B Strategies 2.7A Sportsmanship 2.7B Respect | BM. 2.3 BM. 2.9-10 BM. 2.11 |

