

2nd Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.2.MSC.1-8, 2.2.2.PF.1-5, 2.2.2.LF.1-5, 2.3.2.PS.1, 2.3.5.PS.4, 2.3.2.PS.5, 2.3.2.PS.6

- perform movement skills (loco motor, non-loco motor, and manipulative skills) with developmentally
- appropriate controls in games, sports, dance and recreational settings • responds to changes in tempo, beat, rhythm, or musical style
- responds to verbal and visual cues during physical activity
- differentiate between competitive and cooperative strategies
- explain why good sportsmanship is important and demonstrate positive behaviors during participation
- follow basic activity and safety rules and explain why they are important
- explain that practice and being healthy contribute to safe and improve performance
- explain that mental attitude influences physical performance
- understand sportsmanship, rules and safety; explain why good sportsmanship is important and
- demonstrate positive behavior during participation in sports and cooperative recreational activities
- follow basic activity and safety rules and explain why they are important
- explain that practice and being healthy contribute to safe and improve performance
- apply health -related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle
- identify the components of health-related and skill –related fitness and exercise and identify physical activities that develop each component
- identify body responses associated with moderate to vigorous physical activity including sweating, a fast heart rate, and heavy breathing
- explain that participation in regular physical activity contributes to wellness and explain that too much or not enough can be harmful
- engage in moderate to vigorous physical activity that develops all components of fitness including
- monitoring heart rate and breathing before, during and after exercise

Extended Activities

1. Agility Cone Weave & Pass - Objective: Enhance agility, spatial awareness, and teamwork. Once the set up of a zig-zag line of cones is placed, pairs of students take turns weaving through while passing a ball back and forth. Students are encouraged to control steps and accurate passes. Once completed, they will sprint back to start, tag the next pair.
2. Cooperative Hoops Challenge - The objective is to promote teamwork, communication, and strategy. Start by grouping students into teams of 4–5. They hold hands and must pass a hula hoop around the circle without letting go. Each round will vary (Time each team or make it a friendly race) or make it a friendly race. For Variation: Add multiple hoops going at once or change directions.

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Gifted and Talented

1. Target Toss Tournament - Objective: Practice throwing accuracy, scoring, and sportsmanship. Students will set up stations with different targets (buckets, hoops at various heights, chalked circles). When the facilitator of the game gives the verbal sign 'GO' students take turns throwing bean bags for points. The facilitator will keep track of points using a scorecard before teams rotate stations. Top teams for each station will be celebrated as top "aimers" and encourage supportive cheers to demonstrate sportsmanship.