

**Grace Christian Academy
Course Description**

Course Title: 2nd Grade Physical Education
Course Length: Full Year

Class Meetings (Per Week): 2x-40 min. classes
Curriculum: Teacher Created, Missouri Physical Education Checklist

General Course Description: GCA physical education classes promote an enjoyment and appreciation of physical activity, while developing physical strength, endurance and developmental skills with a Christian focus on developing their body as the temple of the Holy Spirit.

Biblical Principles:

God needs our bodies to be strong to do His will. (Proverbs 3:7)

We are to treat our bodies as God's temple. (I Corinthians 3:16)

We are instructed to always do our best and never give up. (I Corinthians 9:24)

God promises us strength and endurance if we wait on Him. (Isaiah 40:30)

General Course Content:

1st Quarter:

Develop body awareness, loco motor, and non-loco motor skills.

Increase fitness levels; improve cardiovascular strength, flexibility & agility to prepare for fitness testing: ½ mile, sit-ups, shuttle run, flexibility, flexed arm hang & pull-ups

Participate in Fall physical fitness testing

Play low-moderate organizational games, (dodge ball, Cookie Monster, Secret Pop Slices & kickball)

2nd Quarter:

Students will continue to develop body rhythm, movement skills, improve body strength and agility, improve endurance, and improve cardiovascular fitness.

Perform rhythmic activities: Learn one Jewish dance for Succoth celebration

Perform exercises: sit-ups, jumping jacks, stretches, running

Play low-moderate organized games: Basketball

Develop jump rope skills

3rd Quarter:

Students will continue to improve physical performance in skills, conditioning, body awareness, flexibility and agility

Low organizational games and parachute activities

Ball handling techniques to be used in future game situations (basketball, soccer, kickball, dodge ball)

4th Quarter:

Increase fitness levels; improve cardiovascular strength, flexibility & agility to prepare for fitness testing: ½ mile, sit-ups, shuttle run, flexibility, flexed arm hang and pull-ups

Participate in Spring physical fitness testing

Obstacle course activities (Field Day; continue to learn & play low organizational games (Prison Ball)

Related Student Objectives/Learner Outcomes:

The student will learn to:

1. Demonstrate individuality and with a partner the manipulative skills of throwing, catching, kicking, striking, volleying and dribbling.
2. Demonstrate moving to a rhythm by combining locomotor and non-locomotor skills to perform basic educational folk and creative dance sequences (Succoth)
3. Apply the basic movement concepts to change performance of locomotor, non-manipulative, and manipulative skills by using the concept of relationships (e.g., over, under, around, in front of, behind, and through) in dynamic movement situations.
4. Apply the basic movement concepts to change performance of locomotor, non-manipulative and manipulative skills by using feedback to improve skill performance.
5. Identify & participate in activities promoting cardio respiratory, muscular & flexibility benefits
6. Recognize that substance use and abuse is detrimental to a healthy lifestyle
7. Demonstrate a variety of flexibility, warm-up, cool-down, and conditioning activities
8. Exhibit in physical activity setting cooperative, respectful and safe behaviors
9. Identify opportunities outside of school to participate in regular physical activities
10. Develop an appreciation of physical abilities
11. Exhibit participation and cooperation with other students in class situations
12. Dance the steps and develop skills in order to perform an Israeli Dance at Succoth
13. Apply skills in low organizational games i.e.: kick, catch & throw ball, jump rope, and skip
14. Demonstrate strength and muscular endurance by completing the fitness test in sit ups, pull-ups for boys and arm hang for girls
15. Demonstrate cardio respiratory fitness by completing ½ mile run during physical fitness testing
16. Demonstrate flexibility and agility by completing the sit and reach test and shuttle run in physical fitness testing.

Presentation Methods:

- Teacher Instruction and modeling
- Student Demonstration

Evaluation and Grading Methods:

- Teacher evaluation
- Physical fitness testing
- Teacher observation both individual skill and group situations
- Class participation
- Grading Scale:

E = Exceeds Expectations	+ = Commendable
M = Meets Expectations	√ = Acceptable
N = Needs Further Development	— = Area of Concern

Enrichment and /or Supplemental Activities:

- Succoth Celebration Dance Participation
- Field Day Participation
- Field Trips: Bowling, Roller Skating, etc.
- After School Sports (Soccer, Track and Cross Country Teams)
- After School Enrichment Programs