

Second Grade Physical Education Pacing Guide

August 2015

| 1 st Nine Weeks | 2 nd Nine Weeks | 3 rd Nine Weeks | 4 th Nine Weeks |
|---|---|---|---|
| <ul style="list-style-type: none"> • Cardiorespiratory fitness 2.3 • Muscular fitness 2.3 • Muscular flexibility 2.3 • Safe behaviors 2.4 • Respectful behaviors 2.4 • Cooperation 2.4 • After school exercise 2.5 • Moving over and under 2.2 • Moving in front and behind 2.2 • Moving around and through 2.2 • Self catching 2.1 • Partner catching 2.1 • Self kicking 2.1 • Partner kicking 2.1 • Self striking 2.1 • Partner striking 2.1 • Self throwing 2.1 • Partner throwing 2.1 | <ul style="list-style-type: none"> • Cardiorespiratory fitness 2.3 • Muscular fitness 2.3 • Muscular flexibility 2.3 • Safe behaviors 2.4 • Respectful behaviors 2.4 • Cooperation 2.4 • After school exercise 2.5 • Gymnastic balance 2.1 • Gymnastic roll 2.1 • Gymnastic weight transfer 2.1 • Gymnastic flight 2.1 • Self volley 2.1 • Partner volley 2.1 • Self striking 2.1 • Partner striking 2.1 • Self catching 2.1 • Partner catching 2.1 • Self throwing 2.1 • Partner throwing 2.1 | <ul style="list-style-type: none"> • Cardiorespiratory fitness 2.3 • Muscular fitness 2.3 • Muscular flexibility 2.3 • Safe behaviors 2.4 • Respectful behaviors 2.4 • Cooperation 2.4 • After school exercise 2.5 • Locomotor rhythm 2.1 • Non locomotor rhythm 2.1 • Self dribble 2.1 • Partner dribble 2.1 • Self striking 2.1 • Partner striking 2.1 • Self catching 2.1 • Partner catching 2.1 • Self throwing 2.1 • Partner throwing 2.1 | <ul style="list-style-type: none"> • Cardiorespiratory fitness 2.3 • Muscular fitness 2.3 • Muscular flexibility 2.3 • Safe behaviors 2.4 • Respectful behaviors 2.4 • Cooperation 2.4 • After school exercise 2.5 • Self striking 2.1 • Partner striking 2.1 • Self catching 2.1 • Partner catching 2.1 • Self kicking 2.1 • Partner kicking 2.1 • Self throwing 2.1 • Partner throwing 2.1 |