



Physical Education 2

Course Summary:

Welcome to Physical Education 2! Each week, the student will learn a new game or activity. There will be games and activities that may be played inside, while others will be better suited for outdoor play. The games and activities in this course are grouped in thematic units. In each lesson, the student will find a brief description of that week's game. Each week a new game will be added, but the previous lessons' games will still be listed for the student to see. In addition to the activities described in the lessons, students will also have the option of participating in yoga or an individual or team sport.

Course Outline

1. Get Up and Move

1. Introduction to Physical Education 2
 - Learn about the three different options that Connections Academy students have to fulfill their Physical Education requirement
 - Demonstrate an understanding of established classroom safety rules and procedures.
2. Space Awareness: Balance
 - Demonstrate an understanding of stationary balance and moving balance
 - Demonstrate an understanding of established classroom safety rules and procedures.
3. Tightrope Walker
 - Demonstrate how to maintain balance while walking a tightrope
 - Demonstrate an understanding of established classroom safety rules and procedures.
4. Body Toss
 - Demonstrate how to properly throw underhand
 - Demonstrate how to aim for and successfully hit a target with an underhand throw
 - Demonstrate an understanding of established classroom safety rules and procedures.
5. Side Straddle Hop
 - Demonstrate how to do a side straddle hop or jumping jack
 - Demonstrate an understanding of established classroom safety rules and procedures.
6. Scarf Juggling
 - Demonstrate juggling using three scarves.
 - Demonstrate an understanding of established classroom safety rules and procedures.
7. Jumping Jacks to the Music
 - Demonstrate stamina and endurance by performing jumping jacks to music

- Demonstrate an understanding of established classroom safety rules and procedures.
8. Where Are You Going?
 - Demonstrate flexibility and gross motor control by moving the body in various directions
 - Demonstrate an understanding of established classroom safety rules and procedures.
2. **Making Healthy Choices**
 1. Nutrition: MyPlate
 - Identify the five food groups that make up MyPlate
 - Name specific foods and what food group they belong to
 2. Nutrition: Choosing Healthy Food
 - Identify foods from the different food groups
 - Create a menu for a healthy, balanced dinner
 - Identify major bones, including the skull, ribs, and spine
 3. Exercise
 - Define exercise
 - Explain the benefits of exercise on the heart and lungs
 - Measure the effects of exercise on the pulse rate
 4. Personal Hygiene
 - Define personal hygiene and explain why it is important to overall health
 - Describe the proper hand washing technique
 3. **Games You Can Make!**
 1. Make Your Own Cheerleader Pompoms
 - Demonstrate locomotor skills with basic cheerleading moves
 2. Make Your Own Coffee Can Stilts
 - Demonstrate gross motor control and balance while walking on tin can stilts
 3. Make Your Own Swirling Dancing Ribbons
 - Demonstrate motor control and body awareness with rhythmic gymnastics
 4. Ab Wheelie
 - Demonstrate coordination and core strength
 5. Don't Fall in the Lava
 - Demonstrate locomotor skills and coordination
 6. Beach Ball Lift
 - Demonstrate strength in the legs and abdominal muscles
 4. **Games from Around the World**
 1. Greece: The Snail Game
 - Demonstrate balance and coordination through a series of hops, steps, and jumps
 2. Romania: Rings Game
 - Demonstrate hand-eye coordination
 3. Germany: Hit the Pot and Sardines
 - Demonstrate interpersonal cooperation and team spirit
 4. China: Hopping Chicken and Jump Over the Band
 - Demonstrate locomotor skills and coordination
 5. Colombia: Oba
 - Demonstrate hand-eye coordination
 6. Indonesia: Jumping Rope
 - Demonstrate coordination and physical perseverance
 5. **How Strong Are You?**
 1. Deck of Cards

- Demonstrate stamina and endurance through the performance of various exercises
- 2. Jump Start Your Heart
 - Demonstrate an understanding of heart healthy activities
- 3. Get Around This!
 - Demonstrate physical stamina by hopping, jumping, and running
- 4. Get Up and Dance!
 - Demonstrate stamina, flexibility, and endurance by moving and dancing to music
- 5. Let's Build Your Muscles!
 - Demonstrate strength and endurance through strength training