

Brazosport Independent School District  
**2<sup>nd</sup> Grade Physical Education**  
 2012- - 2013

Nine Week Period	Content Topics	CCRS	TEKS	TEKS Elaboration	Resources	Notes
Throughout the Year	Safety & Rules		2.5a 2.5b 2.5f	(5) Physical activity and health. The student knows and applies safety practices associated with physical activities. The student is expected to: (A) use equipment and space safely and properly; (B) select and use appropriate protective equipment in preventing injuries such as helmets, elbow/knee pads, wrist guards, proper shoes, and clothing; (F) describe appropriate reactions to emergency situations common to physical activity settings such as universal safety precautions and dialing 911.		
Throughout the Year	Health & Nutrition		2.4a 2.4b 2.4c 2.4d 2.4e 2.4f	(4) Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance. The student is expected to: (A) identify how regular physical activity strengthens the heart, lungs, and muscular system; (B) describe how the blood carries oxygen and nutrients through the body; (C) identify foods that enhance a healthy heart; (D) explain the need for foods as a source of nutrients that provide energy for physical activity; (E) describe the negative effects of smoking on the lungs and the ability to exercise; and (F) describe the need for rest and sleep in caring for the body.		
Throughout the Year	Social Development		2.6a 2.6b	(6) Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics. The student is expected to: (A) identify goals to be accomplished during simple games such as not getting tagged; and (B) identify strategies in simple games and activities such as dodging to avoid being tagged.		

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			2.7a 2.7b	(7) Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings. The student is expected to: (A) display good sportsmanship; and (B) treat others with respect during play.		
1 <sup>st</sup> Nine Weeks	Movement (2 weeks)		2.1a 2.1b  2.2a	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (A) travel independently in a large group while safely and quickly changing speed and direction; (B) demonstrate skills of chasing, fleeing, and dodging to avoid or catch others; (2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to: (A) recognize that attention to the feeling of movement is important in motor skill development; and		
1 <sup>st</sup> Nine Weeks	Field Sports 1 <sup>st</sup> Semester ( 3-4 weeks)		2.1g 2.1n  2.2b	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (G) demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control; (N) demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand. (2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to: (B) identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.		

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2 <sup>nd</sup> Nine Weeks	Cooperative Movement (Dance) ( 3-4 weeks)		2.1c 2.1f  2.1j 2.1k 2.1L	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (C) combine shapes, levels, and pathways into simple sequences (F) demonstrate a variety of relationships in dynamic movement situations such as under, over, behind, next to, through, right, left, up, or down; (J) demonstrate the ability to mirror a partner; (K) walk in time to a 4/4 underlying beat; (L) perform rhythmical sequences such as simple folk, creative, and ribbon routines;		
2 <sup>nd</sup> Nine Weeks	Court Sports – 1 <sup>st</sup> Semester ( 3-4 weeks)		2.1n  2.2b	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (N) demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand. (2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to: (B) identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.		
3 <sup>rd</sup> Nine Weeks	Cardio Fitness (Fitnessgram) (6 weeks)		2.1d 2.1m	1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (D) demonstrate mature form in walking, hopping, and skipping (M) jump a self-turned rope repeatedly; and (3) Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to:		

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			2.3b  2.3d	(B) participate in moderate to vigorous physical activities on a daily basis that cause increased heart rate, breathing rate, and perspiration; (D) lift and support his/her weight in selected activities that develop muscular strength and endurance of the arms, shoulders, abdomen, back, and legs such as hanging, hopping, and jumping.		
3 <sup>rd</sup> Nine Weeks	Field Sports – 2 <sup>nd</sup> Semester ( 3-4 weeks)		2.1g  2.1n  2.2b	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (G) demonstrate simple stunts that exhibit personal agility such as jumping-one and two foot takeoffs and landing with good control; (N) demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand. (2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to: (B) identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.		
4 <sup>th</sup> Nine Weeks	Court Sports 2 <sup>nd</sup> Semester ( 3-4 weeks)		2.1n  2.2b	(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to: (N) demonstrate on cue key elements of hand dribble, foot dribble, kick and strike such as striking balloon or ball with hand. (2) Movement. The student applies movement concepts and principles to the learning and development of motor skills. The student is expected to: (B) identify similar movement concepts and terms in a variety of skills such as straddle position, ready position, and bending knees to absorb force.		

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4 <sup>th</sup> Nine Weeks	<u>Leisure Sports</u> (6 weeks)		2.1e 2.1h 2.1i 2.3a 2.3c 2.5c 2.5d 2.5e	<p>(1) Movement. The student demonstrates competency in fundamental movement patterns and proficiency in a few specialized movement forms. The student is expected to:</p> <p>(E) demonstrate balance in symmetrical and non-symmetrical shapes from different basis of support;</p> <p>(H) demonstrate smooth transition from one body part to the next in rolling activities such as side roll, log roll, balance/curl, and roll/balance in a new position;</p> <p>(I) demonstrate control weight transfers such as feet to hands with controlled landing and feet to back;</p> <p>(3) Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge. The student is expected to:</p> <p>(A) describe and select physical activities that provide opportunities for enjoyment and challenge;</p> <p>(C) participate in appropriate exercises for flexibility in shoulders, legs, and trunk; and</p> <p>(5) Physical activity and health. The student knows and applies safety practices associated with physical activities. The student is expected to:</p> <p>(C) list the effects the sun has on the body and describe protective measures such as sunscreen, hat, and long sleeves;</p> <p>(D) list water safety rules and describe their importance;</p> <p>(E) identify safe cycling and road practices; and</p>		