

Springfield Public Schools
K-5 PHYSICAL EDUCATION

2nd/3rd GRADE
MAJOR INSTRUCTIONAL GOALS

The intent of the Springfield R-12 Physical Education Program is:

- 1) Students will demonstrate locomotor and non-locomotor movements in a variety of activities. (HPE4; 2.1)
 - Perform the skills of running, hopping, leaping, sliding, skipping, galloping, jumping, and stopping using the elements of time, direction and force while exhibiting body control.
 - Perform non-locomotor skills of push, pull, bend, stretch, twist, turn, lift, swing, stop, dodge, fall and balance.

- 2) Students will demonstrate movement patterns utilizing concepts of body awareness, spatial awareness, effort, and relationships. (HPE4; 2.1)
 - Move through an obstacle course of varying levels and directions with some speed and force changes.
 - Combine shapes, levels and pathways into simple sequences.
 - Identify and move major body parts.
 - Identify right and left with one's own body parts and on others.

- 3) Students will demonstrate manipulative skills in a variety of activities. (HPE4; 2.1)
 - Demonstrate knowledge of throwing, catching, striking, kicking, bouncing, and rope jumping while attempting to use proper body mechanics, force and directions.

- 4) Students will apply knowledge of fundamental movement skills to more complex activities. (HPE4; 1.6, 1.10)
 - Demonstrate forward, backward and sideward movements using proper body mechanics in a variety of levels and balance positions.
 - Create movements to music that demonstrate understanding of rhythm.
 - Exhibit rhythmic activity utilizing basic rhythm steps and techniques.
 - Demonstrate patterns and combinations of movements.
 - Demonstrate motor skills in relationship to organized games.

- 5) Students will demonstrate the basic physiological principles of health-enhancing physical fitness. (HPE2, 4; 1.4, 4.7)

- Identify physiological changes that are likely to occur due to regular physical activity.
 - Recognize warm-up and cool-down activities and their importance.
 - Demonstrate an appropriate level of fitness through regular physical participation in aerobic activities.
 - Understand that flexibility exercises are important to physical fitness.
 - Utilize technology to monitor fitness.
- 6) Students will apply the principles of health-enhancing physical fitness to develop a physically active lifestyle. (HPE2, 4; 1.4, 1.6, 4.7)
- Select physical activities that could be done at home for personal enjoyment.
 - Identify healthful play activities which have been learned in and outside of school.
 - Describe healthy benefits that occur from regular participation in physical activity.
 - Actively participate in physical fitness exercises and activities.
 - Actively participates in games, sports, rhythms, and leisure activities.
- 7) Students will demonstrate safety skills and habits with respect to self and others. (HPE2; 4.7)
- Demonstrate motor skills, knowledge of the rules and safety as they apply to low-organized games involving both locomotor and manipulative motor patterns.
 - Recognize personal safety procedures during learning activities and free play.
- 8) Students will demonstrate responsible social skills while participating in physical activity settings. (HPE; 1.10, 2.3, 3.1, 4.6)
- Demonstrate a willingness to participate in movement activities and games.
 - Perform cooperatively with a partner and in a small group to accomplish an assigned task or to achieve a goal during games, activities and simple stunts.
 - Demonstrate desirable social characteristics while participating in physical education activities.
 - Appreciate differences and similarities in other's physical abilities.