

Wyoming Department of Education Required Virtual Education Course Syllabus

BIG HORN COUNTY SCHOOL DISTRICT #1

Program Name	WYCA	Content Area	Physical Education
Course ID	CAEL74450	Grade Level	2
Course Name	Physical Education 2	# of Credits	0.5
SCED Code	NoCourseSCED	Curriculum Type	Connections Academy

COURSE DESCRIPTION

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.

WYOMING CONTENT AND PERFORMANCE STANDARDS

PE2.1.1	Students demonstrate fundamental locomotor skills.
PE2.1.2	Students demonstrate fundamental body control skills.
PE2.1.3	Students demonstrate developing control of fundamental manipulative skills.
PE2.1.4	Students demonstrate fundamental movement concepts related to space, effort, and relationships.
PE2.1.5	Students identify critical elements of fundamental locomotor skills.
PE2.1.6	Students identify critical elements of fundamental body control skills.
PE2.1.7	Students identify critical elements of fundamental manipulative skills.
PE2.1.8	Students identify critical elements of fundamental movement concepts related to space, effort, and relationships.
PE.2.2.1	Students identify current levels of personal health-related fitness.
PE 2.2.2	Students identify the health benefits of physical activity.
PE 2.2.3	Students identify the principles, components, and practices of health-related fitness.
PE 2.2.4	Students engage in a variety of physical activities that will enhance health-related fitness.
PE 2.3.1	Students know and follow procedures and safe practices.
PE 2.3.2	Students demonstrate socially responsible behavior in physical activity settings.
PE 2.3.3	3 Students exhibit persistence when participating in a variety of physical activities.
PE 2.3.4	Students discover that physical activities promote self-expression and positive social interaction.

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES
<p>Unit 1: Get Up and Move In this unit, your student will be introduced to the three different Physical Education programs that he will be able to participate in this school year. These programs include Connections Academy Fitness, Personal Fitness, and Yoga.</p> <p>Your student will have the opportunity to learn how to play various games, continue playing an individual or team sport that he is involved in, or begin practicing yoga. Regardless of the program your student chooses to participate in, he will have the opportunity to be physically active on a daily basis.</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.2, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> Demonstrate the motor skills needed for throwing and catching Demonstrate flexibility and balance through movement Demonstrate locomotor patterns of jumping
<p>Unit 2: Making Healthy Choices The unit explains to your student the importance of making healthy choices, and the effects that those choices have on her overall health.</p> <p>Your student will examine USDA's MyPlate (formerly the food pyramid) and proper nutrition guidelines, so that she will learn how to make appropriate food choices for a regular, healthy lifestyle. Also, the topics of exercise and personal hygiene will be discussed.</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.2, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> Examine USDA's MyPlate and identify the five food groups and which foods belong to which group Identify healthy food choices Explain benefits of exercise and its importance to overall healthy living Discuss the importance of proper personal hygiene and its effect on overall health
<p>Unit 3: Games You Can Make! Your student will have the opportunity to let his creative side shine in this unit. He will not only participate in some fun and exciting activities, but he will also make the items that are used in each of the games.</p> <p>Once your student has built cheerleader pompoms, a pair of stilts, and dancing ribbons, it is time to put them to the test and see how much fun he was able to make!</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.2, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> Demonstrate motor and manipulative skills necessary to construct and use various toys

<p>Unit 4: Games from Around the World In this unit, your student will learn about games that children from different cultures and different parts of the world play. Your student's journey will take her to Spain, Japan, China, Indonesia, and Australia. She will also learn a game played by Native American children. Your student will discover that even though the children in these countries are very far away geographically, the styles of games that they play are very close to what your student plays at home.</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.2, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> • Learn how to play games that are played in various countries
<p>Unit 5: How Strong Are You? Throughout this unit, your student will demonstrate the motor skills necessary to play various types of games. Some of these games will test his physical strength, while others will test his balance and precision during movement. Your student will be challenged, both physically and mentally, as he participates in challenges that will show his strength!</p>	<p>PE2.1.1, PE2.1.2, PE2.1.3, PE2.1.4, PE2.1.5, PE2.1.6, PE2.1.7, PE2.1.8, PE.2.2.1, PE.2.2.2, PE.2.2.3, PE.2.2.4, PE 2.3.1, PE 2.3.2, PE 2.3.3, PE 2.3.4</p>	<ul style="list-style-type: none"> • Demonstrate stamina and endurance through the performance of various exercises • Demonstrate an understanding of heart healthy activities • Demonstrate physical stamina by hopping, jumping, and running • Demonstrate stamina, flexibility, and endurance by moving and dancing to music • Demonstrate strength and endurance through strength training