

Physical Education

Pacing Guide

Grade 2



2004
REVISED 2012

**Long Beach Unified School District
Christopher Steinhauser, Superintendent**

**PHYSICAL EDUCATION PACING GUIDE
GRADE 2**

Development Committee

Brian Clevon

Angelina Freligh

Elizabeth Patrou

Joan Van Blom, Physical Education Curriculum Leader

Reviewed by

Naomi Blackmore, Kay Gault, Debby Griffin, Ashley Lindstrom,
Brett Lindstrom, Cecelia Osborn, Patricia Reed,
Ethel Seminario-Laczko, Amelia Valinsky-Fillipow

Under the Supervision of

Christine Dominguez

Assistant Superintendent

Curriculum, Instruction and Professional Development

Published by

Office of Curriculum, Instruction and Professional Development

September, 2004

(REVISED 2012)

Elementary Physical Education Pacing Chart Grades 1-5

Pacing charts are used to help teachers pace their instruction so they can make sure they teach all of the essential information in a given course of study. Pacing Charts serve to give a sense of how long to spend on a given series of lessons or units. California Education Code Section 51210 mandates a minimum of 200 minutes of Physical Education instruction every ten days for grades 1-6.

The attached Pacing Chart is a guide for 36 weeks of Physical Education instruction.

The information in the top row of the following table explains the content of each column of the pacing chart.

The week number during the school year and the unit in the Lesson Plans	The LBUSD grade level Physical Education Content Standards addressed	The general type of skills or concepts addressed	The specific skills and concepts addressed	The name of activities in which the standards and skills are introduced, practiced, and reviewed	The resource and page on which the lesson's skill or concept is described and/or the directions for the activity are listed LP = Lesson Plans* SFA = Sport for All Cards**
Week	Focus Standard And Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity

*Example: "LP: Lesson 7, P. 52" = Lesson 7 on page 52 of the grade level **Physical Education Lesson Plans**.

All teachers should have the appropriate grade level **Physical Education Lesson Plans**.

Example: "SFA Green 5" = Green (Sport Play) **Sport For All card #5.

Each school has at least one set of both green (Sport Play) and blue (Sport Skill Basic) **Sport For All** cards

Physical Education Lesson Plans:

Each lesson of the **Lesson Plans** indicates: **Equipment** needed (A comprehensive recommended **Equipment** list is on Page 1 of the Lesson Plans. Most items are in the District Stock Catalog.) **Warm-ups** - Exercises for warm-ups are listed on page xii-xiv of Lesson Plans. **Concepts** - The **Concept** is provided to the students either at the start of the lesson or at various points throughout the lesson. Do not confuse the **Concept** with the **Student Activities**. **Student Activities** - Students engage in activities to learn and reinforce concepts and skills. **Closure** – Review questions.

See "page "i" of **Lesson Plans** for further explanation. The numbers in parentheses () in the **Lesson Plans** indicate the Region 9 Standard addressed. Correlation of Region 9 Standards to LBUSD Standards is on the very first page of the **Lesson Plans**.

Fitness concepts and activities, as well as social skills' concepts and activities, should be addressed, reviewed, and practiced in physical education lessons throughout the year.

Physical Education Pacing Guide Overview Grade 2

Week	Unit Focus	Standards
1	Introduction to Physical Education	3,5
2	Introduction to Physical Education	3,5
3	Social Skill: Cooperation & Teamwork	5
4	Social Skill: Stunts and Partner Activities	5
5	Space Awareness Personal/General	1, 2
6	Movement Skills Locomotor Skills	1, 2
7	Movement Qualities Flow, Force, Time	1, 2
8	Fitness: Cognitive Concepts & Activities	3, 4
9	Fitness: Cardiorespiratory Endurance/Pacer	3, 4
10	Fitness: Cardiorespiratory and Muscular Strength	3, 4
11	Manipulatives: Striking with Feet	1
12	Manipulatives: Kick/Trap, Goalie	1

Week	Unit Focus	Standards
13	Manipulatives: Striking with Feet Games	1
14	Rhythm & Dance: Patty Cake Polka	1
15	Rhythm & Dance: Bunny Hop	1
16	Manipulatives: Rolling	1
17	Manipulatives: Throwing & Catching	1
18	Manipulatives: Skill Application – Throw/Catch	1
19	Manipulatives: Hand Dribbling	1
20	Manipulatives: Passing & Catching	1
21	Jump Ropes: Basics	1
22	Jump Ropes: Skills	1
23	Fitness: Cognitive Concepts/Activities	3, 4
24	Fitness: Fitness Components/Activities	3, 4

Week	Unit Focus	Standards
25	Manipulatives: Striking w/ Hand	1
26	Manipulatives: Striking w/ Implements	1
27	Cooperative Activities: Parachutes	5
28	Parachutes	5
29	Movement Education	1, 2
30	Hula Hoops	1, 2
31	Long Jump Ropes: Run Throughs	1, 2
32	Long Jump Ropes: Rope Rhymes	1, 2
33	Fitness Concepts and Activities	3, 4
34	Fitness Concepts and Activities	3, 4
35	Culminating Activities	1, 5
36	Culminating Activities	1, 5

**Physical Education Pacing Guide
Grade 2**

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
0		Teacher Preparation	Background information and review for teacher	Read orientation to Physical Education Lessons Standards	LP: p. i, v-vii, xii-xiv LBUSD 2nd Grade Standards
1-2 LP: Unit 1 Lessons 1-5 Page 4-7	1.6 1.1 2.1 3.1 3.2 3.5 3.6 4.1-4.5 4.13 4.14 5.1-5.7	Physical Education Orientation: Rules Procedures Routines (Cones)	Safety/Attire Equipment Signals Formations Boundaries Warm-up Stretching Techniques Simple Games	Safety Lesson P.E. and Playground Equipment Start/stop Class Management General Specific Game Rotation Countdown Around the World Rock, Paper, Scissors Back-to-Back Cross the Room Ghosts and Goblins	LP: p. v, Lesson 1, p.6 LBUSD playground safety video available thru OMS LP: Lessons 2-5, p.6-8 LP: p. v Lessons 4-5, p.6 LP: p. vi-vii LP: p. xii LP: p. xii-xiv LP: Lesson 4, p.7 LP: Unit 1, Lesson 1, p. 6 LP: Unit 1, Lesson 1, p. 6 LP: Unit 2, Lesson 2, p. 11 LP: Unit 2, Lesson 2, p. 11 LP: Unit 2, Lesson 1, p. 10 LP: Unit 4, Lesson 8, p. 36
3-4 LP: Unit 2 Lessons 1-19 Page 8-17	1.1 2.1 3.1 3.2 3.6 5.1-5.7	Cooperative Activities (Rhythm Sticks, Cones, Parachute)	Socialization Cooperation/Teamwork Stunts and Partner Activities	Beat the Gravity, Elbow Tag Balance Problem Partner Rhythms Follow the Leader Parachute	LP: Lesson 3 p. 12 LP: Lesson 4, p. 13 LP: Lesson 9, p. 17 LP: Lesson 10, p. 18 LP: Lesson 11, p. 19

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p style="font-size: 24pt; font-weight: bold;">5-7</p> <p>LP: Unit 4 Lessons 1-20 Pages 31-45</p>	<p>1.2</p>	<p>Space Awareness Personal Space General Space (Music, Cones, Nerf Balls)</p> <p>Movement Skills NonLocomotor Locomotor</p> <p>Movement Qualities</p>	<p>Personal/General Space General Space Directions Levels Pathways</p> <p>Non-Locomotor Bending, twisting, turning, rocking/swaying, balancing, stretching, pushing/pulling</p> <p>Locomotor Walking, running, jumping, hopping, sliding, galloping, skipping, leaping, fleeing, chasing,</p> <p>Movement Qualities Flow, Force, Time</p>	<p>Review Follow the Leader Moving in Personal Space Jaws Tag Cat and Mouse</p> <p>Perform Non-Locomotor Movement</p> <p>Perform Locomotor Movements Follow the Leader</p> <p>Follow the Leader (w/space adjustment focus) Director and Actor Forest Fire Bubbles and Wands</p>	<p>LP: Lesson 1, p. 32 LP: Lesson 2, p. 33 LP: Lesson 9, p. 37 LP: Lesson 13, p.40</p> <p>LP: Lesson 4, p.35</p> <p>LP: Lesson 13, p. 36 LP: Lesson 1, p. 32</p> <p>LP: Lesson 1, p. 32 LP: Lesson 14, p. 41 LP: Lesson 11, p. 39 LP: Lesson 12, p. 40</p>

**Physical Education Pacing Guide
Grade 2**

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p>8-10 LP: Unit 3 Lessons 1-20 Pages 19-28</p>	<p>3 4 5</p>	<p>Fitness (Cones, Music, Beanbags, Playground Balls)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>See Fitnessgram Manual for Directions:</p> <p>Healthy Fitness Zones</p> <p>Pacer Test Mile Run Curl-Up Trunk Lift Push-Up Sit and Reach Shoulder Stretch</p> </div>	<p>Cognitive Concepts Recognize Importance of Physical Activity and Healthy Food Choices Recognize Heart Rate Changes Before, During, and After Activity Major Bone and Muscle Identification</p> <p>Health-Related Fitness Component Activities</p> <p>Cardiorespiratory Endurance</p> <p>Muscle Strength</p> <p>Muscle Endurance</p> <p>Flexibility</p>	<p>Introduce, discuss, and review health related fitness cognitive concepts during fitness activities</p> <p>Continuous Activity Endurance Activity Pacing Walk/Run Bean Bag Walk</p> <p>Develop Strength</p> <p>Pacer</p> <p>Flexibility Activities, including Sit and Reach Stretch and Shoulder Stretch</p>	<p>Teacher Read LP: p. xi-xiv</p> <p>LP: Lessons 6-7, p. 24</p> <p>LP: Lesson 1, p. 21 LP: Lessons 2-3, p. 22 LP: Lessons 4-5, p. 23 LP: Lesson 13, p. 27 LP: Lesson 15, p. 28</p> <p>LP: Lessons 8-10 p.25-26</p> <p>LP: Lesson 14, p. 28</p> <p>LP: xii</p>

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
<p>11-13 LP: Unit 5 Lessons 1-5 Pages 46-50</p>	<p>1</p>	<p>Manipulatives (Soccer/Playground Balls, Cones)</p>	<p>Striking With Foot</p>	<p>Foot Dribbling Teaching Cues</p>	<p>LP: Lesson 4, p. 49</p>
				<p>Foot Dribbling</p>	<p>LP: Lessons 3-4, p. 48-49</p>
				<p>Robot Dribbling Kick and Control Soccer Relays</p>	<p>LP: Lesson 3, p. 48 SFA Green 13 SFA Green 14</p>
			<p>Kicking</p>	<p>Kicking Teaching Cues</p>	<p>LP: Lesson 1, p. 47</p>
				<p>Kicking (Individual and Partner)</p>	<p>LP: Lessons 1, 4-5, p. 47, 49-50</p>
				<p>Marbles</p>	<p>LP: Lesson 4, p.49</p>
				<p>Kicking – On Your Own Kicking – With A Partner Kicking Targets Kickball A-B-C Kick Runaround Kick Squash</p>	<p>SFA Green 32 SFA Green 33 SFA Green 34 SFA Green 35 SFA Green 36 SFA Green 38 SFA Green 39</p>
<p>Trapping With Foot</p>	<p>Trapping Teaching Cues</p>	<p>LP: Lesson 3, p. 48</p>			
	<p>Passing and Trapping w/ Partner Kick, Pass, and Score</p>	<p>LP: Lessons 1-3, p. 47-48, 50 SFA Green 15</p>			
<p>Goalie Skills</p>	<p>World Cup Goal Keeper</p>	<p>SFA Green 37</p>			
<p>Culminating Games</p>	<p>Bottle Bop</p>	<p>LP: Lesson 5, p. 50</p>			

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
14-15	1.3	Rhythm & Dance	Beats/Tempo Dances	Claps/Tap Move Using Locomotor Movements Patty Cake Polka on FD The Bunny Hop on AT	LP: Page 77 LP: Lessons 5-10, p. 32-34 Music CD's: FD = Fun Dances for Everyone AT = All Time Favorite Dances
16-18 Unit 5 Lessons 6-10 Pages 51-55 Unit 9 Lessons 1-4 Pages 95-97	1.4 1.5	Manipulatives (Fleece Balls, Bean Bags, Tennis Balls, Playground Balls)	Rolling Throwing and Catching	Rolling Teaching Cues Rolling With Partner Boliche (Modified) Solo Roll Partner Roll Target Roller Roll A Goal Rolling Interceptor Vertical Toss Teaching Cues Individual Toss and Catch Bounce, Throw and Catch Underhand Throwing Teaching Cues Catching Teaching Cues Underhand Throwing and Catching With Partner Egg Toss	LP: Lesson 8, p. 53 LP: Lesson 8, p. 53 LP: Lesson 8, p. 53 SFA Green 1 SFA Green 2 SFA Green 3 SFA Green 4 SFA Green 5 LP: Lesson 6, p. 51 LP: Lessons 6-7, p. 51-52 SFA Green 16 LP: Lesson 7, p. 52 LP: Lesson 7, p. 52 LP: Lesson 7, p. 52

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
16-18 Continued			Skill Application	Overhand Throwing Teaching Cues Overhand Throwing and Catching With Partner (Can use the following activities for both underhand and overhand throwing.) Throw and Catch Practice Throw and Catch Challenge Throwing Tennis	LP: Lesson 9, p. 54 LP: Lessons 9-10, p. 54-55 LP: Unit 9 , Lessons 1-4, p. 95-97 LP: Lessons 18-19, p. 93-94 SFA Green 17 SFA Green 18 SFA Green 22
19-20 Unit 9 Lessons 1-12 Pages 94-104	1		Hand Dribbling Passing & Catching	Bounce/Dribble - On Your Own Bounce/Dribble - Dribble Obstacle Bounce/Dribble - Dribble Keep Away Bounce/Dribble - Flag Dribble Ball Handling - With A Partner Twopass Ball On The Move Throw and Catch Practice Throw and Catch Challenge Hot Potato Duck and Throw Pass 1-2-3-4	SFA Blue 6 SFA Blue 9 SFA Blue 10 SFA Blue 11 SFA Green 7 SFA Green 9 SFA Green 12 SFA Green 17 SFA Green 18 SFA Green 20 SFA Green 21 SFA Green 23

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
21-22 Unit 4 Lessons 17-19 Pages 43-45	1	Jump Rope	Individual Jump Rope Skills	Basic Short Rope Skills Fitness Skip to Health	LP: Unit 4, Lessons 17-19, p. 43-45 SFA Blue 37
23-24 Unit 7 Lessons 1-20 Pages 63-72	3	Fitness	Cognitive Concepts Recognize Importance of Physical Activity and Healthy Food Choices Recognize Heart Rate Changes Health-Related Fitness Component Activities Cardiorespiratory Endurance	Poster Board Physical Activity Frequency Heart Rate Pacer Whistle Code List Selection Indoor Activity Flexibility	LP: Lesson 6, p. 75 LP: Lesson 1, p. 71 LP: Lesson 2, p. 72 LP: Lesson 15, p. 80 LP: Lessons 4-5, p. 73-74 LP: Lessons 7-8, p. 76 LP: Lesson 10, p. 77 LP: Lesson 3, p. 73
25-26 Unit 5 Lessons 11 Page 56 Unit 9 Lessons 6-7 Pages 99	1	Manipulatives (Paddles, Tennis/Pickle Balls, Lummi Sticks)	Striking w/ Body Parts Striking w/ Implements	Striking w/ Body Parts Teaching Cues Striking w/ Fist, Heel of Hand, Fingers, Arms Striking at Targets Striking w/ Implements Teaching Cues Striking w/ Lummi Sticks Striking w/ A Paddle or Racket Striking w/ Paddles (Partners) Striking w/ A Partner 1	LP: Unit 5, Lesson 11, p. 56 LP: Unit 5, Lesson 11, p. 56 LP: Unit 9, Lesson 5, p. 98 LP: Unit 9, Lesson 5, p. 98 LP: Unit 9, Lesson 7, p. 100 LP: Unit 9, Lesson 6, p. 99 SFA Green 24 LP: Unit 9, Lesson 7, p. 100 (use paddles) SFA Green 25

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
25-26 Continued				Striking w/ A Partner 2 Go For The Goal Strike and Catch Outback Hit and Run Batting Game Quash	SFA Green 26 SFA Green 27 SFA Green 28 SFA Green 29 SFA Green 30 SFA Green 31
27-28 Unit 7 Lessons 18-19 Pages 81-82	1 5	Parachute	Cooperative Activities	Countdown Exchange Traveling Parachute Big Wheel	LP: Unit 7, Lesson 19, P. 82 LP: Unit 7, Lesson 19, P. 82 LP: Unit 7, Lesson 18, P. 81
29-30 Unit 8 Lessons Pages	1	Movement Education	Jumping and Landing Body Rolls Balancing <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Tumbling and balance activities should be on mats, carpet, or clean, dry grass. Gymnastic forward and backward rolls are performed optionally. Injury may result if children are forced to do rolls for which they lack necessary strength, </div>	Jumping: Take off and landing Rolling and Rocking Hula Hoop and Balance	LP: Unit 8, Lesson 5, p. 88 LP: Unit 8, Lessons 6-10, p. 89-92 LP: Unit 8, Lesson 11, p. 93
31-32 Unit 7 Lesson 4 Page 64	1 3	Long Jump Rope	Jumping Long Jump Rope	Run Through Rope Rhymes Fitness Long Jump Ropes Fitness Skip to Health	LP: Unit 7, Lesson 4, P.64 SFA Blue: 38 SFA Blue: 37

Physical Education Pacing Guide
Grade 2

Week	Focus Standards & Support Standards	Unit Focus	Skills	Activity	Resources for Concept and Activity
33-34	3	Fitness	Cognitive Concepts Recognize Importance of Physical Activity and Healthy Food Choices Health-Related Fitness Component Activities	Circuit of Fitness Activity Stations Fitness Ball Possession Fitness Stations Fitness Sports Aerobics Workout	LP: Unit 10, Lessons 1-5, 11; p. 106-108 SFA Blue 36 SFA Blue 40 SFA Blue 39
35-36		Culminating Activities and Closure	Parachutes, Dance, Fitness Activities; Manipulative Activities and Games	Review Concepts; and Review and Practice Activities Learned Throughout the Year	