

Richmond Public Schools
Department of Curriculum and Instruction
Curriculum Pacing And Resource Guide



Course Title/ Course #: Physical Education/Second Grade

Start day: 1

Meetings: 180 days

Course Description

Physical Education for second grade will focus on motor skills, anatomic movement, fitness planning, social development, and energy balance. Standards are outlined in the Virginia Standards of Learning in which students' progress is apparent in skill development and understanding key elements.

Pacing Resources Assessments MP1

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	2.1 d, g 2.2 a, b	Locomotor Skills (hop, jump, leap, skip, run, jog, gallop, slide) Spatial awareness and Jump rope	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	2.1 a, f, h	Manipulative skills (toss and throw, bounce and catch, toss and catch) with force	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment

			http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Checklists
3 weeks	2.1 c 2.2 b	Dance Sequence	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists
9 weeks	2.2 c, f, g 2.5 a	Brain, Bones, Heart, Lungs	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/ http://www.choosemyplate.gov/	Dialogue Tests/quizzes Ticket out of the door
ongoing	2.3 f	Components of fitness	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	2.2 b 2.4 b- e	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html	Dialogue Modeling Games Feedback Non-verbal

			http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Thumbs up/down/sideways
ongoing	2.3 g 2.4 a	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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<u>Pacing Resources Assessments MP2</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	2.1a, f, h 2.2 a, b	Manipulative Skills (toss and throw, catch, and dribble) with force and Concept of movement and Spatial Awareness	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	2.1 c 2.2 a,c 2.3 a, b, f	Dance Rhythms	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists

3 weeks	2.1 d, e, g 2.2 a, b 2.3 b, d, f	Locomotor/ Non-locomotor Rhythms Jump roping	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
9 Weeks	2.2 d, e, g 2.3 a, b, d	Major Muscles, and Cardio respiratory system	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
	2.5 b, c, d	Nutrition	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/ http://www.choosemyplate.gov/	Dialogue Tests/quizzes Ticket out of the door

ongoing	2.3 f	Components of fitness	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	2.2 b 2.4 b- e	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	2.3 g 2.4 a	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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<u>Pacing Resources Assessments MP3</u>				
Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	2.1 a, d-f, h 2.2 a, b	Locomotor (jog, run) and Manipulative Skills (strike, volley) with force and accuracy	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.sportsbackers.org/	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	2.1 b 2.2 b, e	Gymnastics	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/	Dialogue Modeling Feedback Non-verbal Skill Assessment Checklists

3 weeks	2.1g 2.2 b	Self turn rope	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://www.heart.org/HEARTORG/Giving/ForSchools/JumpRopeforHeartEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
9 weeks	2.2 g 2.3 c	Cardio respiratory, body composition	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Dialogue Tests/quizzes Ticket out of the door
	2.5 b, c, d	Nutrition	http://www.fueluptoplay60.com/ http://kidshealth.org/kid/stay_healthy/ http://www.sparkpe.org/ http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp http://organwiseguys.com/ http://www.choosemyplate.gov/	Dialogue Tests/quizzes Ticket out of the door

ongoing	2.3 f	Components of fitness	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	2.2 b 2.4 b-e	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways
ongoing	2.3 g 2.4 a	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways

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Pacing Resources Assessments MP4

Time Frame	Standards of Learning	Units/ Topics/ Concepts	Resources	Assessments
3 weeks	2.1 a, f, h	Manipulative Skills(kick, dribble)	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists
3 weeks	2.1 e 2.3 a-f	Components of fitness	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx	Personal Fitness Data Fitness Gram Tests Fitness Plans Dialogue Feedback
ongoing	2.2 b 2.4 b-e	Cooperation and Safety	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html http://kidshealth.org/kid/stay_healthy/	Dialogue Modeling Games Feedback Non-verbal Thumbs up/down/sideways

ongoing	2.3 g 2.4 a	Participate in regular physical activity	https://www.cooperinstitute.org/youth/fitnessgram http://www.pyfp.org/ http://www.fueluptoplay60.com/ http://www.sportsbackers.org/	Dialogue Awards Thumbs Up/Down/Sideways
3 weeks	Review 2.1-2.5	Skilled movements, principals, concepts, and personal fitness	http://www.doe.virginia.gov/testing/ http://www.vahperd.org/ http://www.pecentral.org/lessonideas/pelessonplans.html http://star.spsk12.net/specialties/k12%20pe.html http://www.sparkpe.org/ http://www.mrgym.com/ http://web.richmond.k12.va.us/Departments/DepartmentOfInstruction/Health/Resources.aspx http://www.perocks.com/ http://www.jmu.edu/kinesiology/hpainstitute/resources.html	Dialogue Modeling Games Feedback Non-verbal Skill Assessment Checklists Awards Thumbs Up/Down/Sideways