

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: 2ndGrade
 Section/Heading: 2A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understands the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Plays safely and by the rules 2. Display good sportsmanship and Christian values. 3. Improve and refine physical skills 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life-style. 5. Understands the physical challenges faced by people with disabilities. 6. Continues to follow rules and procedures with little reinforcement. 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
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 Section/Heading: 2B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Uses movement concepts and principles in the development of motor skills.

Performance Indicators	
<ol style="list-style-type: none"> 1. Perform locomotor skills alone, with a partner, or in a group. 2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions.) 	

Suggested Activities		Resources

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Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Uses a variety of basic and advanced movement forms.

Performance Indicators		
<ol style="list-style-type: none"> 1. Perform nonlocomotor skills alone, with a partner, or in a group. 2. Demonstrate body control while performing perceptual motor proficiency (balancing). 3. Moves to different rhythms with manipulatives and experiment with basic dance movements. 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
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 Section/Heading: 2D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Understands how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
1. Displays improved development in muscular strength, endurance, flexibility, body awareness, and agility through fitness and recreational activities (basic jump rope skills and group games.)		
Suggested Activities	Assessment	Resources