

HUDSONVILLE PUBLIC SCHOOLS ELEMENTARY COURSE FRAMEWORK



COURSE/SUBJECT

2nd Grade Physical Education

State Standard	Content Strand	Skill	Objective	Key Concepts/ Cue Words	Materials/ Resources	Assessment
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Skip	Demonstrate the step-hop movement pattern.	“Step-hop”	N/A	Shows correct arm swing, knee lift and step-hop pattern with rhythm.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Gallop	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot.	Step, Push, Close	N/A	Trail leg is always behind lead foot with good balance.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Leap	Demonstrate the elements of form including step, push and close using preferred and non-preferred foot. Demonstrate all elements of form of leaping from a standing position with feet staggered, leaping off the front foot, traveling forward and landing on the opposite foot.	Step, bend, push, reach, land	N/A	Lean forward, Push with back leg, 'leap', land on forward leg.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	• Overhand Throw	Demonstrate the elements of the overhand throw using proper technique.	T, Twist, Throw, Follow through	Ball	Stand sideways to target. Eyes on Target. Rotate Hips. Throw. Follow Through.

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MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Catching Fly Balls 	Demonstrate catching a lightweight ball using proper technique at various heights.	Ready eyes, Ready hands	Ball	Eyes on Object. Catch with hands. Bends hands when they contact object.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Motor Skills	<ul style="list-style-type: none"> Jump Rope 	Demonstrate the elements of form in the Basic Jump forward and backward.	Turn, Wait, Jump!	Jump Rope	Jumps one time over the rope successfully.
MPECS.1: A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	Other Motor Skills	<ul style="list-style-type: none"> Run Slide Walk Hop Jog/Pace Bowling 	Demonstrates the appropriate motion for the subsequent motor skill.	Varies	Varies	Observations
MPECS.3, 4: A physically educated person will participate regularly in lifelong physical activity.	Physical Fitness	<ul style="list-style-type: none"> Walk Run Jog/Pace Skip Gallop 	Demonstrates the ability to sustain each activity for the desired amount of time.	Varies	N/A	Observations
MPECS.2: A physically educated person demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	Cognitive Domain	<ul style="list-style-type: none"> Nutrition Body Parts/ Functions Benefits and Knowledge of Physical Activity 	Demonstrates understanding and knowledge of the concepts of nutrition and body functions in order to maintain a healthy lifestyle.	Varies	N/A	Observations
MPECS.5, 6: A physically educated person exhibits responsible personal social behavior that respects self and others in physical activity settings.	Personal, Social Domain	<ul style="list-style-type: none"> Cooperation Following Directions Use of Space Best Effort Compassion 	Demonstrates an understanding of the concepts of the appropriate social skills in order to work together and care for others.	N/A	N/A	Observations