

What is it we expect students to learn? Identifying Essential Standards

Grade Level: Second Grade

Subject: Physical Education

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1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?	6. Enrichment Standards
Demonstrate understanding of basic fitness concepts and the FITT Principle (PA1C7)	Student is able to name, define and demonstrate the meaning of frequency, intensity, time and type	No prior skills needed	Verbal: teacher to student	August and ongoing	
Express knowledge of the five parts of health related physical fitness: Body composition, strength, aerobic fitness, flexibility, endurance (PA1A3)	Student is able to relate a topic like flexibility with its purpose(s) (stretching, safety, movement, preparation, preventative measures, etc.)	Familiarity with BSAFE BFITT	Verbal: teacher to student	August and ongoing	
Perform complex movements by combining locomotor skills (HM1A2)	Student is able to hop into a forward roll or safety roll	Mastery of locomotor skills	<u>Missouri GLE Movement Concepts Rubric</u>	August and ongoing	
Demonstrate individually and with a partner manipulative skills in a stationary position	Student is able to complete ten or more successful throws and catches to and from a partner	Familiarity with manipulative skills	Peer observation	August and ongoing	

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and while moving (e.g., throwing, catching, kicking, striking, volleying, and dribbling) (HM1C2)			
Demonstrate basic apparatus activities on basic apparatus (balance beam, climbing wall, climbing rope, vault) (HM2D2)	Balance Beam Student is able to walk across a balance beam without touching the ground or with external aid	Familiarity with <u>Kidnastics</u> gymnastics movements	<u>Kidnastics</u> : Chapter 6 August and ongoing

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary
2. Example/ Rigor: What does the proficient student work look like? Provide an example and/or description.
3. Prior skills needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?
4. Common Assessment: What assessments(s) will be used to measure the student mastery?
5. When will this standard be taught?
6. Enrichment: What supplementary standards/ skills enrich the essential standard?

Mattos, Buffum, Weber, 2010