

Grade Level	2nd	
All Quarters	Content	Skills
	Directions, Routines, and Procedures	<ol style="list-style-type: none"> <li>1. Learning Verbal Signals               <ol style="list-style-type: none"> <li>a. freeze, stop, go,</li> </ol> </li> <li>2. Learning non verbal signals               <ol style="list-style-type: none"> <li>a. Hand signals,</li> <li>b. Music</li> </ol> </li> </ol>
	Classroom management	<ol style="list-style-type: none"> <li>1. Learning Organization               <ol style="list-style-type: none"> <li>a. squads</li> <li>b. lines</li> <li>c. small groups</li> </ol> </li> </ol>
	Spatial and Body Awareness	<ol style="list-style-type: none"> <li>1. Learning Personal and General Space</li> <li>2. Learning Pathways               <ol style="list-style-type: none"> <li>a. straight, curved, etc.</li> </ol> </li> <li>3. Learning Levels               <ol style="list-style-type: none"> <li>a. low, medium, high</li> </ol> </li> <li>4. Learning Directions               <ol style="list-style-type: none"> <li>a. forward, backwards, sideways, diagonal</li> </ol> </li> <li>5. Learning Distance               <ol style="list-style-type: none"> <li>a. far/near</li> </ol> </li> <li>6. Learning general body parts               <ol style="list-style-type: none"> <li>a. head, toes, knees, etc.</li> </ol> </li> </ol>
	Movement Skills	<ol style="list-style-type: none"> <li>1. Learning Locomotor Skills               <ol style="list-style-type: none"> <li>a. run, skip, gallop, etc.</li> </ol> </li> <li>2. Learning Non Locomotor Skills               <ol style="list-style-type: none"> <li>a. bend, twist, stretch, etc.</li> </ol> </li> </ol>
	Manipulative Skills	<ol style="list-style-type: none"> <li>1. Learning Manipulative Skills               <ol style="list-style-type: none"> <li>a. dribble, kick, catch, etc.</li> <li>b. Scooters</li> </ol> </li> </ol>
	Physical Fitness	<ol style="list-style-type: none"> <li>1. Moving to develop/improve Cardiovascular endurance               <ol style="list-style-type: none"> <li>a. walk, jog, run</li> <li>b. fitness games/activities</li> </ol> </li> <li>2. Developing/Improving Flexibility</li> <li>3. Developing/Improving Muscular Strength and Endurance               <ol style="list-style-type: none"> <li>a. upper body</li> <li>b. lower body</li> </ol> </li> <li>4. Developing/Improving Agility               <ol style="list-style-type: none"> <li>a. dodging, chasing, and changing direction</li> </ol> </li> </ol>

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		5. Utilizing Fitness Gram Program
	Rhythm	<ol style="list-style-type: none"> <li>1. Performing Rhythm Through Movement               <ol style="list-style-type: none"> <li>a. Dances- YMCA, Chicken Dance, etc.</li> <li>b. Lummi sticks</li> <li>c. Tinkling sticks</li> <li>d. Creative Movement</li> </ol> </li> </ol>
	Hand/Eye Coordination	<ol style="list-style-type: none"> <li>1. Learning to Juggle</li> <li>2. Learning through ball manipulation</li> <li>3. Stacking Cups- Speed Stacks</li> </ol>
	Team Building Activities	<ol style="list-style-type: none"> <li>1. learning in small groups               <ol style="list-style-type: none"> <li>a. nebula tracks, etc.</li> </ol> </li> <li>2. Learning in large groups               <ol style="list-style-type: none"> <li>a. parachute,</li> </ol> </li> </ol>
	Tumbling	<ol style="list-style-type: none"> <li>1. Developing/Improving Balance Technique               <ol style="list-style-type: none"> <li>a. Static- stationary, multipoint</li> <li>b. Dynamic- through movement</li> <li>c. Bridges</li> </ol> </li> </ol>
	Positive Behavior/Social Skills	<ol style="list-style-type: none"> <li>1. Learning Character Traits               <ol style="list-style-type: none"> <li>a. Respect, Honest, Responsibility, etc.</li> </ol> </li> <li>2. Learning cooperation and teamwork</li> <li>3. Learning classroom safety procedures</li> <li>4. Learning proper equipment handling</li> </ol>
	Adventure Education	<ol style="list-style-type: none"> <li>1. Climbing               <ol style="list-style-type: none"> <li>a. traverse wall</li> <li>b. rope</li> <li>c. cargo net</li> </ol> </li> </ol>
	Cross Curricular Education	<ol style="list-style-type: none"> <li>1. Understanding word recognition               <ol style="list-style-type: none"> <li>a. word wall</li> </ol> </li> <li>2. Incorporating core concepts</li> <li>3. Incorporating art and music</li> </ol>