

## G2 PE Long Range Year Plan:

Grade: 2		Teacher: Miss P.E		Subject: PE	
Timing	Unit Title/ Breakdown	Content Covered	Big Idea	Resources and Materials	
10-01-17 - 10-31-17	Team Sport 1: Floor Hockey	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills  2. ways to monitor physical exertion levels  3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being  2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.  3. Adopting healthy personal practices and safety strategies protects ourselves and others.  4. effects of physical activity on the body  5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention	1. Hockey sticks (1 per child) 2. Different sizes of balls 3. Cones 4. Pinnies 5. Foldable Nets (4)  http://www.specialolympicsns.ca/wp-content/uploads/2016/01/Teaching-Floor-Hockey-Skills.pdf?x16520  <a href="https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/">https://www.pescholar.com/resource/phase/ks1/2640/floor-hockey-unit-plan-lessons/</a>  http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf	
	1. Hockey Safety 2. Ball handling 3. Stick handling 4. Moving the ball and dribbling 5. Receiving ball and Passing ball 6. Use of forehand and backhand 7. Shooting on goal 8. Group Drills 9. Mini Game with no Goalie 10. Scrimmage 5 vs 5 with Goalie				
	Team Sport 2: Basketball	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-	1. Basketballs per student 2. Cones 3. Pinnies 4. Garbage cans	
	1. Holding the ball 2. Foot work				

11-01-17 - 11-30-17	3. Dribbling the ball 4. Dribble and move the ball 5. Directional movement with dribbling 6. Chest Pass 7. Bounce pass 8. Pivoting 9. Alternating Dribble 10. Shooting position 11. Trash can lay up 12. 3 vs 3 half court	2. ways to monitor physical exertion levels  3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	being  2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.  3. Adopting healthy personal practices and safety strategies protects ourselves and others.  4. effects of physical activity on the body  5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention	5. Basketball Nets  <a href="http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf">http://schoolsites.schoolworld.com/schools/Lampasas/filesystem/Basketball%202-3.pdf</a>  <a href="http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf">http://www.tellurideschool.org/UserFiles/Servers/Server_4072017/File/K-12thPEUnits.pdf</a>
	<b>Team Sport 3: Football</b>  1. Dribbling 2. Passing 3. Trapping 4. Shooting 5. Rules of game	1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills  2. ways to monitor physical	1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being	1. Balls 2. Starting and end line  <a href="https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm">https://web.uvic.ca/~thopper/Pe352/T&amp;F352.htm</a>

12-01-17 - 12-22-17		<p>exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	<p><a href="https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg">https://www.google.com/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=3&amp;cad=rja&amp;uact=8&amp;ved=0ahUKEwi56KiM58bUAhXFbxQKHRdoDcEQFggrMAI&amp;url=http%3A%2F%2Fpaxtonenterprises.com%2Fjoe%2Fdocuments%2Fpe%2Ftrack.doc&amp;usg=AFQjCNHEWkaPsO8GP-sAYSAP5vCCO0ogJg</a></p>
01- 01-18 - 01-21-18	<p><b>Individual/ Team Sport: Indigenous Games</b></p> <p>1. Qatar indigenous games</p> <p>2. Canadian Indigenous Games</p>	<p>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p> <p>2. ways to monitor physical</p>	<p>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</p>	

		<p>exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	
02-04-18 - 03-31-18	<b>Strategy and Cooperative Games 1: Variety of Games</b>	<p>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p> <p>2. ways to monitor physical exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</p> <p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and</p>	<p><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p> <p><a href="http://www.pegames.org/full-length">http://www.pegames.org/full-length</a></p> <p><a href="http://www.playworks.org/playbook/games">http://www.playworks.org/playbook/games</a></p>
	<p>1. Dodgeball</p> <p>a. Rules</p> <p>b. Throwing the ball</p> <p>c. Catching the ball</p> <p>2. Capture the Flag</p> <p>a. Rules</p> <p>b. Tagging</p> <p>c. Footwork</p>			

	<p>d. Movement</p> <p>3. Circle Games</p> <p>4. Parachute Games</p>		<p>others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	
04-01-18 - 05- 01-18	<p><b>Individual Sport 1: Track and Field</b></p> <p>1. Running:</p> <ul style="list-style-type: none"> <li>a. Sprints</li> <li>b. Starts</li> <li>c. Relays.</li> </ul> <p>2. Jumping:</p> <ul style="list-style-type: none"> <li>a. Long Jump</li> <li>b. Triple Jump</li> <li>c. High Jump.</li> </ul> <p>3. Throwing:</p> <ul style="list-style-type: none"> <li>a. Discus</li> <li>b. Ball throw</li> </ul>	<p>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</p> <p>2. ways to monitor physical exertion levels</p> <p>3. how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games</p>	<p>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</p> <p>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</p> <p>3. Adopting healthy personal practices and safety strategies protects ourselves and others.</p> <p>4. effects of physical activity on the body</p> <p>5. practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention</p>	

05-01-18 - 05-31-18	<b>Fitness 1: Circuits</b> <ol style="list-style-type: none"> <li>1. Warm up circuits</li> <li>2. Stretching circuits</li> <li>3. Muscle and Cardio Strength circuits</li> </ol>	<ol style="list-style-type: none"> <li>1. proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills</li> <li>2. ways to monitor physical exertion levels</li> <li>3. how to participate in different types of physical activities, including individual and dual</li> </ol>	<ol style="list-style-type: none"> <li>1. Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being</li> <li>2. Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.</li> </ol>	<ol style="list-style-type: none"> <li>1. Hoola Hoops</li> <li>2. Station signs and directions</li> </ol> <p><a href="http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf">http://www.pecentral.org/lessonideas/fitnesscircuitlessonplan.pdf</a></p> <p><a href="http://homepage.usask.ca/~cah241/rjt.PDF">http://homepage.usask.ca/~cah241/rjt.PDF</a></p>

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Term 1	Health Unit 1:			
Term 2	Health Unit 2:			
Term 3	Health Unit 3:			