

WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Physical Education 2-3

Course Number: _____

Course Prerequisites: _____

Course Description: (Include “no final exam” or “final exam required”)
Second-Third Grade Physical Education is a continuation of the introduction of the knowledge and skills that will enable students to safely achieve and maintain a healthy lifestyle.

Suggested Grade Level: Grades 2 and 3

Length of Course: _____ One Semester X Two Semesters _____ Other

(Describe)

Units of Credit: _____ (Insert *NONE* if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) Physical Education/Health and Physical Education

Certification verified by WCSD Human Resources Department:

X Yes _____ No

Board Approved Textbooks, Software, Materials:

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: June 10, 2010

Date Approved: _____

Implementation Year: 2011-2012

Suggested Supplemental Materials: (List or insert None) None

Course Standards

PA Academic Standards: (List by Number and Description)

- 10.3 – Safety and Injury Prevention
- 10.4 – Physical Activity
- 10.5 – Concepts, Principles, and Strategies of Movement

WCSD Academic Standards: (List or None)

None

Industry or Other Standards: (List, Identify Source or None)

None

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

PA Standard: 10.3.3 Safety and Injury Prevention

		X – performance assessed during that semester		
	Performance Indicators	1	2	Assessment
C.	Recognize conflict situations and identify strategies to avoid or resolve.	X	X	Teacher observation
D.	Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).	X	X	

PA Standard: 10.4.3 Physical Activity

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Identify and engage in physical activities that promote physical fitness and health.	X	X	Student performance; Question and answer; Heart rate monitor/ technology assessment
B.	Know the positive and negative effects of regular participation in moderate to vigorous physical activities.	X	X	
C.	Know and recognize changes in body responses during moderate to vigorous physical activity.	X	X	
F.	Recognize positive and negative interactions of small group activities.	X	X	

PA Standard: 10.5.3 Concepts, Principles, and Strategies of Movement

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Recognize and use basic movement skills and concepts.			Teacher observation; Question and answer
B.	Recognize and describe the concepts of motor skill development using appropriate vocabulary.			
C.	Know the function of practice.			
E.	Know and describe scientific principles that affect movement and skills using appropriate vocabulary.			

ASSESSMENTS

PSSA Assessment Anchors Addressed: The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at pde@state.pa.us.

Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

Portfolio Assessment: _____ Yes X No

District-wide Final Examination Required: _____ Yes X No

Course Challenge Assessment (Describe):

REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

Content Sequence Dates

Objectives:

- Sustain moderate to vigorous physical activity.
- Apply safe practices, rules, and procedures.
- Demonstrate the ability to combine loco motor movements.
- Continue development of the skills: catching, kicking, throwing, and striking.
- Recognize and understand how the body responds to physical activity.
- Identify and demonstrate acceptable social skills/character education.
- Begin to improve performance through personal feedback and assessments.

TEAM SPORTS

Basketball
Soccer
Volleyball
Team Handball
Football
Softball
Floor Hockey

INDIVIDUAL/DUAL SPORTS

Badminton
Racquet Sports
Table Tennis
Frisbee Golf
Track and Field
Bowling
Tumbling

RECREATIONAL SPORTS

Ultimate Frisbee
Kickball/Variations
Softball Activities
Cage Ball Activities
Bocce Ball
Dance
Cooperative Activities
Structured Games
Team Building
Orienteering

LIFETIME CONDITIONING

Circuit Training Activities
Run / Walk / Jog
Jump Rope / Roping Activities
Aerobics
Bands

P.E. ASSESSMENTS

Physical Fitness Testing
Heart Rate Monitors
REM Cognitive

WRITING TEAM: Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes X No
2. Does this course issue a mark/grade for the report card? _____ Yes X No
3. Does this course issue a Pass/Fail mark? X Yes _____ No
4. Is the course mark/grade part of the GPA calculation? _____ Yes X No
5. Is the course eligible for Honor Roll calculation? _____ Yes X No
6. What is the academic weight of the course?
 X No weight/Non credit _____ Standard weight
_____ Enhanced weight (Describe)