

Year at a Glance

PE – 2nd Grade

Course # 5015040

2021-2022 School Year



Qualifications

As well as any certification requirements listed on the course description, the following qualifications may also be acceptable for the course:

Any field when certification reflects a bachelor or higher degree.

General Information

Course Number: 5015040

Course Path:

Section: [Grades PreK to 12 Education Courses](#) > **Grade Group:** [Grades PreK to 5 Education Courses](#) > **Subject:** [Physical Education](#) > **SubSubject:** [General](#) >

Abbreviated Title: PHYSICAL EDUCATION K

Course Length: Year (Y)

Course Status: Course Approved

Grade Level(s): K

<https://www.cpalms.org/PreviewCourse/Preview/3998>

PE.2.C.2.1 Describe the critical elements of locomotor skills.

PE.2.C.2.2 Identify safety rules and procedures for selected physical activities.

PE.2.C.2.3 Utilize technology to enhance experiences in physical education.

PE.2.C.2.4 Explain the importance of wearing a life jacket (personal flotation device) when on a boat or near water.

PE.2.C.2.5 Explain how appropriate practice improves the performance of movement skills.

PE.2.C.2.6 Apply teacher feedback to effect change in performance.

PE.2.C.2.7 Describe movement concepts.

PE.2.C.2.8 Explain the importance of warm-up and cool-down activities.

PE.2.C.2.9 Define offense and defense.

PE.2.L.3.1 Identify a moderate physical activity.

PE.2.L.3.2 Identify a vigorous physical activity.

PE.2.L.3.3 Identify opportunities for involvement in physical activities during the school day.

PE.2.L.3.4 Identify opportunities for involvement in physical activities after the school day.

PE.2.L.3.5 Set and meet physical-activity goals.

PE.2.L.3.6 Identify how opportunities for participation in physical activities change during the seasons.

PE.2.L.3.7 Identify healthful benefits that result from regular participation in physical activity.

PE.2.L.3.8 Identify the proper crossing sequence.

PE.2.L.4.1 Identify how muscular strength and endurance enhances performance in physical activities.

PE.2.L.4.2 Discuss the components of health-related physical fitness.

PE.2.L.4.3 Identify that a stronger heart muscle can pump more blood with each beat.

PE.2.L.4.4 Identify why sustained physical activity causes an increased heart rate and heavy breathing.

PE.2.L.4.5 Identify the physiological signs of moderate to vigorous physical activity.

PE.2.L.4.6 Identify benefits of participation in informal physical fitness assessment.

PE.2.L.4.7 Identify appropriate stretching exercises.

PE.2.L.4.8 Categorize food into food groups.

PE.2.M.1.1 Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.

PE.2.M.1.2 Strike an object continuously using body parts both upward and downward.

PE.2.M.1.3 Strike an object continuously using a paddle/racket both upward and downward.

PE.2.M.1.4 Strike a stationary object a short distance using a long-handled implement so that the object travels in the i...

PE.2.M.1.5 Dribble with hands and feet in various pathways, directions and speeds around stationary objects.

PE.2.M.1.6 Perform a variety of fundamental aquatics skills.

PE.2.M.1.7 Move in different directions to catch a variety of objects softly tossed by a stationary partner.

PE.2.M.1.8 Demonstrate an overhand-throwing motion for distance demonstrating correct technique and accuracy.

PE.2.M.1.9 Perform one folk or line dance accurately.

PE.2.M.1.10 Demonstrate a sequence of a balance, a roll and a different balance with correct technique and smooth transiti...

PE.2.M.1.11 Perform at least one skill that requires the transfer of weight to hands.

PE.2.M.1.12 Chase, flee and dodge to avoid or catch others while maneuvering around obstacles.

PE.2.R.5.1 Identify ways to cooperate with others regardless of personal differences during physical activity.

PE.2.R.5.2 List ways to safely handle physical-activity equipment.

PE.2.R.5.3 Describe the personal feelings resulting from challenges, successes and failures in physical activity.

PE.2.R.5.4 Identify ways to successfully resolve conflicts with others.

PE.2.R.6.1 Identify ways to use physical activity to express feeling.

PE.2.R.6.2 Discuss the relationship between skill competence and enjoyment.

PE.2.R.6.3 Identify ways to contribute as a member of a cooperative group.

HE.2.C.1.4 Describe ways to prevent childhood injuries in the home, school, and community settings.

HE.2.C.2.1 Describe how family rules and practices influence health behaviors.

HE.2.C.2.3 Describe how the school and community influence health behaviors of children.

ELD.K12.ELL.SI.1 English language learners communicate for social and instructional purposes within the school setting.

LAFS.K12.L.3.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, ana...

MAFS.2.OA.3.3 Determine whether a group of objects (up to 20) has an odd or even number of members, e.g., by pairing objects...