



PE Department

Semester: 1

2025 – 2026

Grade Level		GRADE 2		Subject: PE	
Teacher(s) Name		sunny			
Textbook					
Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE	
1	Aug.25 th	Aug.29 th	Fitness: PE rules, The Importance of Physical Education for the Human Body" "The Importance of Wearing Sportswear"	3.5 Demonstrate proper form for stretching the hamstrings, quadriceps, shoulders, biceps and triceps. Body Composition	
2	Sept. 1 st	Sept. 5 th	Locomotor movement Skills Walking and running a) Straight line walking/running b) Zigzag	4.2 Explain that the body needs to move regularly in moderate to vigorous physical activity to achieve or maintain good health. 4.4 Explain that water is essential during physical activity to maintain normal body temperature and normal blood volume.	
3	Sept.8 th	Sept.12 th	Locomotor movement Skills hops, gallops, and slides using a mature pattern.	1.1 Move to open spaces within boundaries while traveling at higher rates of speed. Body Management	

4	Sept. 15 th	Sept.19 th	Locomotor movement Skills Jumping: One leg jumping, Two legs jumping Leaping	1.5 Jump for distance, landing on two feet and absorbing force. 1.6 Skip and leap using proper form
5	Sept.22 nd	Sept.26 th	Football kicking	1.11 Kick a slowly rolling ball
6	Sept. 29 th	Oct.3 rd	football Foot-dribble	. 1.15 Foot-dribble, with control, a ball along the ground
7	Oct.6 th	Oct.10 th	Football Small game	2.11 Identify when to begin the kicking motion when kicking a slowly rolling ball 5.5 Demonstrate respect for self, others, and equipment during physical activities.
8	Oct.13 th	Oct.17 th	Athletics: start-up	. 1.1 Move to open spaces within boundaries while traveling at higher rates of speed.
9	Oct.20 th	Oct.24 th Oct 24 End of Quarter 1	Athletics: Long jump	1.5 Jump for distance, landing on two feet and absorbing force
10	Oct.27 th	Oct.31 st	Athletics: The triple Jump	1.5 Jump for distance, landing on two feet and absorbing force
11	Nov.3 rd	Nov.7 th	Athletics: Hurdling	1.6 Skip and leap using proper form
12	Nov.10 th	Nov.14 th	Handling equipment Badminton Front serving	1.12 Strike a balloon consistently in an upward or forward motion, using a short handled paddle. 1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation

13	Nov.17 th	Nov.21 st	Handling equipment Badminton Back serving	2.12 Explain how to absorb the force of an oncoming object 1.13 Strike a ball with a bat from a tee or cone, using correct grip and side orientation
14	Nov. 24 th	Nov.28 th	Badminton footwork	2.7 List different opportunities to use striking skills.
15	Dec.1 st	Dec.5 th	Overhead shot badminton	2.10 Identify the roles of body parts not directly involved in catching objects.
16	Jan 5 th	Jan 9 th	Dec.4-11 Semester One Final Exam / Friday Dec 12 make-up for absent students.	
17	Jan 5 th	Jan 9 th		
18	Jan 12 th	Jan 16 th Jan 12 th (2nd Parents Meeting K-12, non-teaching day from K-12)		
19	Jan 19 th	Jan 23 rd		
Winter Break for Students: Dec 8 to Jan 4				