Math Department

Semester: 1 **2026-2027**

Grade Level	GRADE 2	**Subject: pe**
Teacher(s) Name	sunny	
Textbook		

Week #	Dates		Lesson Title / Pages	CCSS / NGSS Code / MOE
1	Aug 31	Sept 4	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 7	Sept 11	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 14	Sept 18	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 21**	**Sept 25**	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 28**	**Oct 2**	Football Ball Familiarization Skill	1.1 Move to open spaces within boundaries while traveling at higher rates of speed.
6	**Oct 5**	**Oct 9**	football Foot-dribble	. 1.15 Foot-dribble, with control, a ball along the ground
	Oct 12	**Oct 16**	**1st Semester Break**	
7	**Oct 19**	**Oct 23**	Football kicking	1.11 Kick a slowly rolling ball
8	**Oct 26**	**Oct 30**	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.
9	**Nov 2**	**Nov 6**	Athletics: start-up	. 1.1 Move to open spaces within boundaries while traveling at higher rates of speed.
10	**Nov 9**	**Nov 13**	Athletics: Long jump	1.5 Jump for distance, landing on two feet and absorbing force
11	**Nov 16**	**Nov 20**	Athletics: The triple Jump	1.5 Jump for distance, landing on two feet and absorbing force
12	**Nov 23**	**Nov 27**	Athletics: Hurdling	1.6 Skip and leap using proper form

13	**Nov 30**	**Dec 4**	Handling equipment Front serving Badminton	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
14	**Dec 7**	**Dec 11**	Handling equipment Back serving Badminton	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
	Dec 14	**Jan 1**	**Winter Break for All Students**	
15	**Jan 4**	**Jan 8**	Badminton Overhead shot	. 1.12 Continuously strike a ball upward using a paddle or racket 4.3 Explain the purpose of warming-up before physical activity and cooling-down
16	**Jan 11**	**Jan 15**	Badminton Small game	5.6 Work in pairs or small groups to achieve an agreed-upon goal.
17	**Jan 18**	**Jan 22**	**Semester 1 Exams**	
18	**Jan 25**	**Jan 29**	**Semester 1 Exams**	