

Grade 2

Adopted 2018

Motor Skills and Movement Patterns

- 1. The physically educated student demonstrates competency in a variety of motor skills and movement patterns. PE2.1**
 - a. Uses combinations of various locomotor movement patterns (skip, gallop, slide, jog, run, and jump) while demonstrating proper form with different pathways. PE2.1.A
 - b. Performs a variety of locomotor and non-locomotor skills in teacher-designed rhythmic activities. PE2.1.B
 - c. Performs a combination of rolling and balance skills. PE2.1.C
 - d. Performs rhythmical sequences in a creative routine and in simple folk/line dance. PE2.1.D
 - e. Transfers weight while maintaining balance. PE2.1.E
 - f. Demonstrates the underhand throw while using mature form (facing target, stepping with opposition, transferring weight, and following through). PE2.1.F
 - g. Demonstrates overhand throwing techniques following teacher cues. PE2.1.G
 - h. Catches an object at a medium level with the hands (not trapping against the body). PE2.1.H
 - i. Dribbles a ball using the dominant hand while traveling in general space. PE2.1.I
 - j. Dribbles a ball with control using the feet while traveling in general space. PE2.1.J
 - k. Kicks a moving ball using mature kicking form while traveling (keeping eye on the ball, stepping with opposite foot next to ball, contacting the ball with dominant foot, and following through). PE2.1.K
 - l. Consecutively volleys an object. PE2.1.L
 - m. Consecutively strikes a variety of objects with a short-handled implement. PE2.1.M
 - n. Rolls an object/ball to a partner or target. PE2.1.N
 - o. Turns a long rope successfully. PE2.1.O
 - p. Jumps a self-turned rope continuously. PE2.1.P
 - q. Jumps a long rope successfully. PE2.1.Q
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Movement Concepts and Principles

- 2. The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE2.2
 - a. Maintains personal space in a movement setting. PE2.2.A
 - b. Uses a variety of shapes, levels, and pathways in a variety of movement settings. PE2.2.B
 - c. Demonstrates gradual increases and decreases in speed and force in dance and/or a variety of activities. PE2.2.C
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Fitness

- 3. The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE2.3
 - a. Recognizes physiological indicators that accompany moderate to vigorous physical activities (feels hot, thirsty, sweaty, increased heart rate and heavy breathing). PE2.3.A
 - b. Actively engages in physical education. PE2.3.B
 - c. Identifies physical activities that contribute to fitness in and outside of a physical education setting. PE2.3.C
 - d. Practices the proper protocol for each Georgia Fitness Assessment component. PE2.3.D
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Personal and Social Behavior, Rules, Safety, and Etiquette

- 4. The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE2.4
 - a. Accepts corrective feedback from teacher. PE2.4.A
 - b. Works cooperatively with peers to solve problems and conflicts. PE2.4.B
 - c. Respects personal and group space (recognizes boundaries and keeps hands/feet to self). PE2.4.C
 - d. Interacts positively with others during partner and small group activities. PE2.4.D
- 5. The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE2.5
 - a. Describes and identifies emotions before, during, and after participating in physical activity. PE2.5.A
 - b. Participates willingly in physical activities which require learning new skills. PE2.5.B
 - c. Identifies physical activities which provide opportunities for self-expression in dance, gymnastics routines, and game environments. PE2.5.C
 - d. Recognizes the value of working cooperatively with others. PE2.5.D
 - e. Accepts and respects differences and similarities in physical abilities in self and others. PE2.5.E