

Grade 2

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 2.1

Locomotor Skills

- 1 Locomotor (Hopping, galloping, running, sliding, skipping, leaping, walking, running) 2.1.1
 - A Performs mature patterns in locomotor skills (skip). 2.1.1.A
- 2 Locomotor (Jumping and landing in a horizontal and vertical plane) 2.1.2
 - A Demonstrates four of the five critical elements for jumping and landing in horizontal and vertical planes using a variety of 1- and 2-foot take-offs and landings. 2.1.2.A
- 3 Locomotor (Dance, Rhythm, Combinations) 2.1.3
 - A Performs a teacher and/or student designed rhythmic activity with correct response to simple rhythms. 2.1.3.A
- 4 Non-Locomotor 2.1.4
 - A Performs a sequence of non locomotor skills, transitioning smoothly from one skill to another. 2.1.4.A
- 5 Non-Locomotor (Balance) 2.1.5
 - A Balances on different bases of support, combining levels and shapes. 2.1.5.A
- 6 Non-Locomotor (Weight Transfer) 2.1.6
 - A Transfers weight from feet to different body parts/bases of support for balance and/or travel. 2.1.6.A

Manipulative Skills

7 Manipulative Skills (Throw) 2.1.7

A Throws underhand and overhand using a developing and mature pattern to an area or target. 2.1.7.A

8 Manipulative Skills (Pass with Hands) 2.1.8

A Developmentally appropriate/emerging outcomes first appear in grade four. 2.1.8.A

9 Manipulative Skills (Catch) 2.1.9

A Catches a self tossed or well-thrown large ball with hands, not trapping or cradling against the body. 2.1.9.A

10 Manipulative Skills (Hand Dribble) 2.1.10

A Dribbles in personal and general space with preferred hand demonstrating a mature pattern. 2.1.10.A

11 Manipulative Skills (Foot Pass/Kick) 2.1.11

A Demonstrates an emerging pattern while passing and kicking a moving ball with the inside of the foot (such as passing the ball to a teammate in a soccer lead up game). 2.1.11.A

12 Manipulative Skills (Foot Dribble) 2.1.12

A Dribbles with the feet in general space with control of the ball and body (such as dribbling a ball in a soccer lead-up game). 2.1.12.A

13 Manipulative Skills (Foot Trap Receive) 2.1.13

A Performs emerging pattern while receiving with the non-preferred foot when stationary. 2.1.13.A

14 Manipulative Skills (Strike/Volley, Hands and Arms) 2.1.14

A Volleys and strikes an object upward with open palms, forearms and shorthanded hits. 2.1.14.A

15 Manipulative Skills (Strike with Implement) 2.1.15

A Strikes an object upward with a short handled implement, using consecutive hits. 2.1.15.A

B Strikes a ball off a tee or cone with a bat, using correct grip and body alignment. 2.1.15.B

16 Manipulative Skills (Jump Rope) 2.1.16

A Jumps a self-turned rope consecutively forward and backward with a mature pattern. 2.1.16.A

B Jumps with a long rope five times consecutively with student turners. 2.1.16.B

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 2.2

Movement Concepts and Strategies

- 1 Space 2.2.1
 - A Combines locomotor skills in general space to a rhythm. 2.2.1.A
 - 2 Pathways, Shapes, Levels 2.2.2
 - A Combines shapes, levels and pathways into simple travel, dance and gymnastics sequences (such as demonstrating straight arms with a cartwheel; landing with soft knees/slight flex when jumping down from a height). 2.2.2.A
 - 3 Speed, Direction, Force 2.2.3
 - A Varies time and force with gradual increases and decreases as an introduction to agility and speed. 2.2.3.A
 - 4 Strategies and Tactics 2.2.4
 - A Developmentally appropriate/ emerging outcomes first appear in grade three. 2.2.4.A
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 2.3

Physical Activity

- 1 Physical Activity Knowledge 2.3.1
 - A Describes large motor and/or manipulative physical activities for participation outside physical education class (such as before and after school, at home, at the park, with friends and family). 2.3.1.A
 - 2 Engages in Physical Activity 2.3.2
 - A Actively engages in physical education class in response to instruction and practice. 2.3.2.A
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Fitness

- 3 Fitness Knowledge 2.3.3
 - A Recognizes the use of the body as resistance (such as holding the body in plank position, bear crawl, crab walk, etc.) for developing strength and endurance. 2.3.3.A
 - B Identifies physical activities that contribute to fitness. 2.3.3.B
 - 4 Fitness Assessment & Wellness Planning 2.3.4
 - A Developmentally appropriate/ emerging outcomes first appear in grade three. 2.3.4.A
 - 5 Body Systems 2.3.5
 - A Recognizes structure and function of the circulatory and respiratory system (such as lungs help with breathing). 2.3.5.A
 - 6 Nutrition 2.3.6
 - A Recognizes the “good health balance” of nutrition and physical activity. 2.3.6.A
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The physically literate individual exhibits responsible personal and social behavior that respects self and others. 2.4

Responsible Personal and Social Behavior

- 1 Personal Responsibility 2.4.1
 - A Practices skills with minimal teacher prompting. 2.4.1.A
 - B Accepts responsibility and consequences for following rules and protocols. 2.4.1.B
 - 2 Accepting Feedback 2.4.2
 - A Accepts specific corrective feedback from the teacher. 2.4.2.A
 - 3 Working with Others 2.4.3
 - A Works with others in partner activities. 2.4.3.A
 - 4 Rules & Etiquette 2.4.4
 - A Accepts responsibility and consequences for following rules and protocols for class activities. 2.4.4.A
 - 5 Safety 2.4.5
 - A Works independently and safely in physical education, including equipment use. 2.4.5.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction. 2.5

Valuing Health, Enjoyment, Challenge, Self Expression, and Social Interaction

- 1 Health 2.5.1
 - A Recognizes the value of “good health balance”. 2.5.1.A
- 2 Challenge 2.5.2
 - A Standard was combined with 2.5.3.A 2.5.2.A
- 3 Self-expression and Enjoyment 2.5.3
 - A Identifies and compares physical activities that provide self-expression, confidence, and challenge. 2.5.3.A
- 4 Social Interaction 2.5.4
 - A Understands that physical activities can foster cooperation and connection to enhance relationships among a diverse group of peers. 2.5.4.A