

Grade 2

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate locomotor movements at the intermediate level.

Demonstrate non-locomotor movements with proficiency.

Demonstrate manipulative movements at the beginner level.

Demonstrate rhythmic movements, timing, and following a beat.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Identify the different body planes (i.e., front, back, side) and involve each while performing locomotor skills.

Apply movement concepts and principles to a variety of basic skills.

Understand the benefits of trying new or difficult tasks.

Participates regularly in physical activity.

Engage in moderate to vigorous activities such as bike riding, swimming, etc., outside of class.

Discover the positive effects physical activity has on the body (i.e., enhances respiratory functions, stimulates muscle growth, decreases hyperactivity, increases heart rate).

Achieve and maintain a health-enhancing level of physical fitness.

Engage in and recognize the benefits of sustained physical activity that causes increased heart rate and respiration.

Recognize components of physical fitness such as muscular strength, muscle endurance, and flexibility at an introductory level.

Perform activities that result in the development of muscle strength and endurance, flexibility, and coordination at an introductory level.

Exhibit responsible personal and social behavior that respect self and others in physical activity settings.

Apply rules, procedures, and safe practices with little or no reinforcement.

Work cooperatively with a partner or group and recognize the enjoyment of shared play.

Recognize and experience physical activities from other cultures.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Cooperate in helping others to achieve goals.

Be aware of the feelings resulting from challenges, successes, and failures during physical activity.