

Grade 2

Adopted 2015

Demonstrates Competency in a Variety of Motor Skills and Movement Patterns.

A. Demonstrate locomotor and non-locomotor skills in a variety of ways.

1. Demonstrate all fundamental locomotor skills (walk, run, slide, gallop, hop, skip, jump, leap) using critical elements.
2. Perform combinations of locomotor, non-locomotor, weight transfer and static and dynamic balance skills.
3. Perform combinations of non-locomotor and locomotor skills in a movement pattern.
4. Demonstrate static and balance skills as part of a movement pattern.
5. Perform combinations of rolling and balance skills.
6. Perform rhythmic dance steps and sequences.

B. Demonstrate developing control of fundamental manipulative skills.

1. Throw overhand a variety of objects demonstrating a side orientation.
2. Catch objects coming from different directions, heights and speed.
3. Strike a variety of objects with the hand or an implement with purpose to control force/direction.
4. Kick a rolled or moving ball with the laces for power.
5. Dribble a ball with hands and feet using variations in speed, direction, pathway and relationship with objects.
6. Roll a ball or object to a moving target.

Applies Knowledge of Concepts, Principles, Strategies and Tactics Related to Movement and Performance.

A. Demonstrate knowledge of movement concepts related to body, space, effort and relationships.

1. Apply movement vocabulary of body, space, effort and relationships to complete movement tasks.
2. Apply movement concepts to modify performance (e.g., use more body parts, keep the object closer).
3. Apply different degrees of effort, force, speed and direction to accomplish a task (e.g., adjust speed).
4. Apply concepts of general and personal space to accomplish movement tasks in movement patterns, games and tasks.

B. Demonstrate knowledge of critical elements of fundamental motor skills.

1. Differentiate among non-locomotor and manipulative skills.
 2. Repeat cue words for fundamental motor skills and apply them to improve performance.
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Demonstrates the Knowledge and Skills to Achieve and Maintain a Health-Enhancing Level of Physical Activity and Fitness.

A. Describes current level of physical activity and identifies additional physical activity opportunities.

1. Identify opportunities for physical activity at school, home and in the community.
 2. Track the amount of physical activity within the school day and compare it to the recommendation for daily physical activity.
 3. Suggest alternatives to unhealthy food and beverage choices related to physical activity.
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B. Understand the principles, components and practices of health-related physical fitness.

1. Recall activities that align with each component of health-related fitness.
 2. Name activities that increase heart rate.
 3. Identify activities to improve muscular strength.
 4. Identify ways to stretch muscles in various parts of the body.
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Exhibits Responsible Personal and Social Behavior that Respects Self and Others.

A. Know and follow procedures and safe practices.

1. Respond positively to reminders of appropriate safety procedures.
 2. Follow directions and handle equipment safely.
 3. Complete activities and take responsibility for actions.
 4. Explain rules related to safety and activity-specific procedures.
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B. Responsible behavior in physical activity settings.

1. Follow instructions and class procedures while participating in physical education activities.
 2. Describe examples of cooperation and sharing in a variety of physical activities.
 3. Demonstrate consideration of others with varying skill or fitness levels while participating in physical education activities.
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Recognizes the Value of Physical Activity for Health, Enjoyment, Challenge, Self-Expression and/or Social Interaction.

A. Identifies health benefits as reasons to value physical activity.

1. Identify specific health benefits from participation in daily physical activity.
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B. Identifies reasons to participate in physical activity.

1. Discuss personal reasons (why?) for enjoying physical activity.