

# Grade 2

Adopted 2009

## Skill Development

1. Demonstrate leaping and jumping skills by transferring and absorbing body weight in different ways.
2. Demonstrate movements that combine shapes, levels, and pathways into simple sequences.
3. Apply body management skills on the floor and on apparatus while performing simple individual and partner stunts.
4. Demonstrate correct form while hopping, galloping, jumping, and sliding
5. Demonstrate ball moving skills by passing, dribbling a ball with dominant hand, kicking a slow moving ball, and throwing underhand with one arm
6. Display basic rope-jumping skills.
7. Demonstrate simple folk, line, and mixer dances.
8. Utilize combinations of the fundamental movement skills of chasing, fleeing, and dodging.

## Cognitive Development

9. Identify cue words and terms associated with hopping, galloping, jumping, and sliding.

## Social Development

10. Explain ways to resolve conflicts during physical activity in a school-approved manner.
11. Demonstrate safety rules for physical education activities, including games that require implements and tag games that have designated boundaries.

## Physical Activity and Health

12. Describe the immediate effect of physical activity on heart rate, breathing rate, and perspiration.
13. Explain how physical activity affects overall health, including the heart, lungs, and muscular system.
14. Explain ways in which food intake affects body composition and physical performance.