

Grade 2

Adopted 2011

Physical Education and Leisure

1: Motor Skills and Movement Patterns: Students shall demonstrate proficiency in motor skills and movement patterns needed to perform a variety of activities.

Body Awareness

1. Perform movement patterns using various body parts [PEL.1.2.1](#)

Spatial Awareness

2. Travel independently in a large group while safely and quickly changing speed and direction within a boundary [PEL.1.2.2](#)

Locomotor and Non-Locomotor Movements

3. Demonstrate a movement sequence combining locomotor and non-locomotor skills [PEL.1.2.3](#)

Rhythms and Dance

4. Maintain a steady beat while listening to music [PEL.1.2.4](#)
5. Perform instructional dance sequences to music [PEL.1.2.5](#)

Manipulative Skills

6. Demonstrate follow-through to opposite hip when throwing an object [PEL.1.2.6](#)
7. Catch more than one self-tossed object [PEL.1.2.7](#)
8. Catch a ball thrown overhand [PEL.1.2.8](#)
9. Dribble in control with the dominate hand while moving in a general space [PEL.1.2.9](#)
10. Step toward and strike a stationary object [PEL.1.2.10](#)
11. Volley a light-weight ball tossed by a partner or self—using arms, hands, or racquet [PEL.1.2.11](#)
12. Dribble a ball using feet in a variety of pathways around or through various obstacles, keeping the ball in control [PEL.1.2.12](#)
13. Kick a stationary or moving ball and follow through toward a target [PEL.1.2.13](#)
14. Trap and pass a ball with control in an activity or game [PEL.1.2.14](#)

2: Movement Concepts: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.

Body Awareness

1. Recognize major muscle groups:
 - bicepstricepsquadricepsabdominalshamstringscalf musclesgluteus muscles PEL . 2 . 2 . 1
 - 2. Recognize the major bones in the skeletal system:
 - craniumvertebraeribshumerusradiusulnapelvisfemurfibulatibiaphalanges PEL . 2 . 2 . 2

Locomotor and Non-Locomotor Movement

3. Use locomotor skills in low-organized games PEL . 2 . 2 . 3

Knowledge and Strategies

4. Participate in loworganized games that utilize basic motor skills PEL . 2 . 2 . 4

Academic Integration

5. Use movement to improve cognitive responses PEL . 2 . 2 . 5

3: Health-Related Fitness: Students shall understand how health-related fitness can improve individual health.

Cardiorespiratory Endurance

1. Understand that the heart produces a pulse when beating [PEL.3.2.1](#)
2. Understand health benefits related to increased heart beat during activity [PEL.3.2.2](#)
3. Determine how increasing the intensity of the activity increases the heartbeat [PEL.3.2.3](#)
4. Participate in an age-appropriate activity, exercise, or game that encourages pacing to develop cardiorespiratory endurance [PEL.3.2.4](#)
5. Understand that body mass can be measured by the Body Mass Index (BMI) [PEL.3.2.5](#)
6. Understand the relationship between the amount of food ingested, energy expended, and fat stored [PEL.3.2.6](#)

Flexibility

7. Perform a proper stretch safely for a minimum of 10 to 20 seconds [PEL.3.2.7](#)

Muscular Strength and Endurance

8. Demonstrate how muscular strength plays a role in developing strong, healthy bones and muscles [PEL.3.2.8](#)
9. Demonstrate how muscular endurance plays a role in health-related fitness [PEL.3.2.9](#)

Student Fitness Outcomes

10. Participate in a nationally recognized health-fitness assessment:
 - cardiorespiratory endurancebody compositionmuscular strength and enduranceflexibility [PEL.3.2.10](#)

4: Lifetime Activities and Recreation: Students shall understand the importance of health benefits and enjoyment from participating in lifetime recreational activities.

Benefits of Lifetime Activities

1. Discuss how the activity of the day relates to a healthy life-style [PEL.4.2.1](#)

Lifetime Sports and Recreation

2. Identify leisure activities that promote healthy living [PEL.4.2.2](#)
3. Explain that skill leads to enjoyment of physical activity [PEL.4.2.3](#)

5: Personal and Social Behavior: Students shall demonstrate responsible personal and social behavior that respects self and others in physical activity settings.

Personal Behavior

1. Utilize acceptable behaviors while participating in physical activities PEL.5.2.1
2. Comply positively with rules and procedures of structured games PEL.5.2.2

Social Behavior

3. Cooperate with others to complete an assigned task PEL.5.2.3
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Health and Wellness

6: Human Growth and Development Students shall understand characteristics relating to growth and development.

Body Systems

1. Identify the basic parts of the following systems:digestivecirculatoryrespiratorymuscularskeletalnervous HW.6.2.1

Growth

2. Examine physical characteristics that are shared by self and family HW.6.2.2
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7: Disease Prevention: Students shall understand components related to disease prevention and exhibit behaviors to promote health.

Communicable and Noncommunicable Diseases

1. Define disease HW.7.2.1
 2. Recognize the difference between communicable and noncommunicable disease HW.7.2.2
 3. List ways to prevent the spread of diseases:wash handsimmunizationnot sharing personal items (combs, brushes, toothbrushes, food and beverage containers) HW.7.2.3
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8: Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.

Health Information, Services, and Products

1. Describe community health services used by individuals and families HW.8.2.1

Environmental and Community Health

2. Identify sources of pollution HW.8.2.2

Media and Technology

3. Define how media/advertising influences:thoughtsfeelingshealth behaviors HW.8.2.3

9: Healthy Life Skills and Relationships: Students shall demonstrate the ability to use appropriate skills to enhance relationships and promote wellness.

Decision Making

1. Describe rules and consequences of choices [HW.9.2.1](#)
2. Respond appropriately to compliments, criticism, teasing, and bullying [HW.9.2.2](#)

Interpersonal Relationships

3. Differentiate between positive and negative factors that determine friendship [HW.9.2.3](#)
4. Demonstrate methods of communication for specific situations [HW.9.2.4](#)

10: Alcohol, Tobacco, and Other Drugs: Students shall comprehend substance use, abuse, and the ability to use decision-making skills to enhance health.

Medicine

1. Understand appropriate uses of medicines [HW.10.2.1](#)
2. Describe rules for taking medicine safely [HW.10.2.2](#)
3. Understand why it is important for a reliable adult to dispense medicine [HW.10.2.3](#)

Tobacco

4. Identify products that contain tobacco [HW.10.2.4](#)
5. Describe the effects of tobacco use on the body and environment [HW.10.2.5](#)

Alcohol

6. Discuss products that contain alcohol [HW.10.2.6](#)

Other Drugs

7. Distinguish between legal and illegal drugs [HW.10.2.7](#)
8. Illustrate ways to avoid tobacco, drug, and alcohol use [HW.10.2.8](#)

11: Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to reduce health risks.

Personal Health

1. Identify feelings and situations that trigger certain emotions [HW.11.2.1](#)
2. Practice coping skills [HW.11.2.2](#)
3. Discuss stress and identify stressful situations [HW.11.2.3](#)
4. Describe good habits of personal grooming and cleanliness [HW.11.2.4](#)

Oral Health

5. Recognize causes of unhealthy teeth:
 - plaque
 - bacteria
 - sugary foods[HW.11.2.5](#)
6. Understand positive oral health habits:
 - brushing with proper tooth brush
 - flossing
 - using fluoride toothpaste
 - having regular dental checkups
 - using dental sealant[HW.11.2.6](#)
7. Identify the structure of a tooth [HW.11.2.7](#)
8. Recognize general procedures during dental checkup [HW.11.2.8](#)

Safety

9. Discuss safety procedures for lifetime activities [HW.11.2.9](#)
10. Demonstrate procedures for obtaining emergency assistance and information [HW.11.2.10](#)

Violence

11. Describe physical, mental, and verbal abuse [HW.11.2.11](#)
12. Identify sources to report abuse, bullying, violence, and injury [HW.11.2.12](#)
13. Identify various behaviors associated with abuse, bullying, violence, and injury [HW.11.2.13](#)

12: Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.

Healthy Eating Habits

1. Choose a healthy snack from each food group [HW.12.2.1](#)
2. Identify factors that influence food choices [HW.12.2.2](#)

Food and Nutrition

3. Identify the major nutrients:
 - carbohydrates
 - protein
 - fats
 - vitamins
 - minerals
 - water[HW.12.2.3](#)
4. Recognize that foods and drinks have a Nutrition Facts Label [HW.12.2.4](#)
5. Identify the serving sizes and number of daily servings needed from each food group, using nutritional guides [HW.12.2.5](#)