

Grade 2

Movement Competence and Understanding 2.1

1 Demonstrate the elements of movement in combination with a variety of locomotor skills. 2.1.1

- a Demonstrate skipping, hopping, galloping, and sliding while transitioning on command. 2.1.1.A
 - b Demonstrate smooth transitions between sequential motor skills such as running into a jump. 2.1.1.B
 - c Move using the concepts of space awareness and movement control to run, hop, and skip in different ways in a large group without bumping into others or falling. 2.1.1.C
 - d Identify major characteristics of the skills of walking, running, jumping, hopping, and leaping. 2.1.1.D
 - e Correctly identify the locomotor, non-locomotor, or manipulative skill in a variety of activities. 2.1.1.E
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2 Demonstrate control and balance in traveling and weight-bearing activities using a variety of body parts and implements. 2.1.2

- a Move to even and uneven beats using various locomotor movements. 2.1.2.A
 - b Create a routine that includes two types of body rolls such as a log roll, egg roll, shoulder roll, or forward roll and a stationary balance position after each roll. 2.1.2.B
 - c Jump rope repeatedly. 2.1.2.C
 - d Throw, catch, strike, and trap objects while stationary or moving with a partner. 2.1.2.D
 - e Balance objects on various body parts while in various positions. 2.1.2.E
 - f Demonstrate static and dynamic balance on lines or low beams and benches. 2.1.2.F
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3 Use feedback to improve performance. 2.1.3

- a Use instructor feedback to identify strengths and weaknesses. 2.1.3.A
 - b Identify modifications to improve performance of a skill or physical movement. 2.1.3.B
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Physical and Personal Wellness 2.2

1 Identify healthy habits for personal wellness. 2.2.1

- a Explain the fuel requirements of the body during physical activity and inactivity. 2.2.1.A
 - b Identify healthy food choices to fuel the body. 2.2.1.B
 - c Determine the proper amount of sleep to get every night. 2.2.1.C
 - d Identify changes in the body during exercise and how that makes you feel. 2.2.1.D
 - e Identify feelings resulting from challenges, successes, and failures in physical activity. 2.2.1.E
 - f Describe the role of water as an essential nutrient for the brain and body. 2.2.1.F
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**Social Emotional
Wellness** 2.3

1 Demonstrate positive and helpful behavior and words toward other students. 2.3.1

- a Describe how positive social interaction can make physical activity with others more fun. 2.3.1.A
 - b Participate in a variety of group settings without distracting behavior. 2.3.1.B
 - c Encourage others by using verbal and nonverbal communication. 2.3.1.C
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**Prevention and Risk
Management** 2.4

1 Apply rules, procedures, and safe practices in the classroom. 2.4.1

- a Maintain safety within personal space while using implements. 2.4.1.A
- b Follow safety rules in the gymnasium and on the playground. 2.4.1.B