Colorado Physical Education

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

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

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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dentify 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

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

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