Connecticut Physical Education

Grade 2

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Locomotor

S1.E1 Jumping, hopping, galloping, running, sliding, skipping, and leaping S1.E1

E1.1.2 Demonstrates skipping using a mature pattern. E1.1.2

Nonlocomotor

Balance

E1.3.2 Demonstrates a variety of non-locomotor skills (curling, stretching, twisting, and bending) while maintaining balance on different bases of support and combining levels. E1.3.2

Weight transfer

E1.4.2 Demonstrates weight transfer from feet to different bases of support while maintaining balance. E1.4.2

Manipulatives

Throwing

E1.5.2a Underhand throw: Demonstrates underhand throw using mature pattern. E1.5.2A

E1.5.1b Overhand throw: Demonstrates overhand throw using two of the five critical elements of a mature pattern. E1.5.1B

Catching

E1.6.2 Demonstrates catching a self-tossed or well thrown large object with hands (no trapping against body). E1.6.2

Dribbling

E1.7.2a Dribbling with hands: Demonstrates dribbling continuously in self space using dominant and non-dominant hand in a mature pattern. E1.7.2A

E1.7.2b Dribbling with feet: Demonstrates dribbling the ball with the inside of both feet in general space with control of ball and body. E1.7.2B

Kicking

E1.8.2 Demonstrates a continuous running approach to kick a stationary ball for distance and/or accuracy. E1.8.2

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Volleying

E1.9.2 Demonstrates underhand volleying with a partner using dominant and nondominant hands while demonstrating two of the five critical elements of a mature pattern. E1.9.2

Striking

E1.10.2 Demonstrates striking an object with a short or long handled implement using correct grip and side orientation/proper body orientation with control in general space. E1.10.2

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

S2.E1 Space S2.E1

S2.E1.2 Demonstrates the ability to combine locomotor skills in general space to a rhythm. S2.E1.2

Pathways, Shapes, Levels

S2.E2.2 Demonstrates a combination of shapes, levels and pathways into simple travel, dance, and gymnastics sequences. S2.E2.2

Speed, Direction, Force

S2.E3.2 Demonstrates a variety in time and force with gradual increases and decreases. S2.E3.2

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Physical Activity Knowledge

S3.E1 Physical activity knowledge S3.E1

S3.E1.2 Demonstrates the ability to describe large-motor and/ or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family). S3.E1.2

Engages in Physical Activity

S3.E2 Engages in physical activity S3.E2

S3.E2.2 Demonstrates active engagement in physical education class in response to instruction and practice. S3.E2.2

Fitness Knowledge

S3.E3 Fitness knowledge S3.E3

S3.E3.2a Demonstrates the ability to recognize the use of the body as resistance (e.g., holds body in plank position, animal walks) for developing strength. S3.E3.2A

S3.E3.2b Demonstrates the ability to identify physical activities that contribute to fitness. S3.E3.2B

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S3.E6 Nutrition S3.E6

S3.E6.2 Demonstrates the ability to recognize the “good health balance” of good nutrition with physical activity. S3.E6.2

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.E1 Personal responsibility S4.E1

S4.E1.2 Demonstrates the ability to practice skills with minimal teacher prompting. S4.E1.2

S4.E2 Personal responsibility S4.E2

S4.E2.2 Demonstrates the ability to accept responsibility for class protocols with behavior and performance actions. S4.E2.2

Accepting Feedback

S4.E3 Accepting feedback S4.E3

S4.E3.2 Demonstrates the ability to accept specific corrective feedback from the teacher. S4.E3.2

Working with Others

S4.E4 Working with others S4.E4

S4.E4.2 Demonstrates the ability to work independently with others in partner environments. S4.E4.2

Rules and Etiquette

S4.E5 Rules and etiquette S4.E5

S4.E5.2 Demonstrates the ability to recognize the role of rules and etiquette in teacher-designed physical activities. S4.E5.2

Safety

S4.E6 Safety S4.E6

S4.E6.2a Demonstrates the ability to work independently and safely in physical education. S4.E6.2A

S4.E6.2b Demonstrates the ability to work safely with physical education equipment. S4.E6.2B

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.E1 Health S5.E1

S5.E1.2 Demonstrates the ability to recognize the value of “good health balance.” S5.E1.2

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S5.E2 Challenge S5.E2

S5.E2.2 Demonstrates the ability to compare physical activities, confidence, and challenge. S5.E2.2

Self-Expression and Enjoyment

S5.E3 Self-expression and Enjoyment S5.E3

S5.E3.2 Demonstrates the ability to identify physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in game environments). S5.E3.2