

Second Grade

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1 Perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways. **2.1.L1**

Non-Locomotor

- 1 Perform non-locomotor skills, with and without equipment. **2.1.NL1**

Body Management

- 1 Perform a variety of balances using different body parts with and without equipment. **2.1.BM1**
- 2 Transfer weight to different body parts using control, with and without equipment. **2.1.BM2**

Manipulative Skills

- 1 Demonstrate manipulative skills with a variety of objects using appropriate performance cues **2.1.MS1**

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 1 Perform movement skills in general space. **2.2.SP1**

Pathways, Shapes and Levels

- 1 Combine shapes, levels and pathways into travel sequences. **2.2.PS1**

Speed, Direction and Force

- 1 Vary time and force with gradual increases and decreases. **2.2.SD1**

Strategy

- 1 Apply a variety of simple tactics to increase chances of success during the performance of physical activities. **2.2.ST1**

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1 Identify opportunities to participate in physical activity in various settings. **2.3.PA1**

Physical Fitness Knowledge

- 1 Identify the importance of daily physical activity and track the amounts in a variety of settings. **2.3.PF1**

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- 2 Describe different activities that improve strength of the heart and lungs. 2.3.PF2
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Nutrition

- 1 Describe the balance between nutrition and physical activity. 2.3.N1
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Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1 Work with others independently in partner environments. 2.4.SW1
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Rules and Etiquette

- 1 Recognize and follow the established rules, protocols and etiquette in physical education. 2.4.RE1
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Safety

- 1 Follow teacher directions for safe participation and proper use of equipment, independently and with others. 2.4.SA1
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Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1 Identify physical activities that contribute to a healthy lifestyle. 2.5.H1
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Challenge

- 1 Compare physical activities that bring confidence and challenge. 2.5.C1
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Self-Expression and Enjoyment

- 1 Identify physical activities that provide self-expression. 2.5.SE1
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Social Interaction

- 1 Identify the benefits of working cooperatively with others. 2.5.SI1
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Advocacy

- 1 Identify various ways to encourage peers to be physically active. 2.5.A1
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