Louisiana Physical Education

Grade 2

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Locomotor Non-locomotor Demonstrate locomotor and non-locomotor skills in a variety of ways.

1. Demonstrate all fundamental locomotor skills 1.2-1.1
2. Perform combinations of locomotor, non-locomotor, weight transfer and static and dynamic balance skills 1.2-1.2
3. Perform combinations of non-locomotor and locomotor skills in a movement pattern 1.2-1.3
4. Demonstrate static and balance skills as part of a movement pattern 1.2-1.4
5. Perform combinations of rolling and balance skills 1.2-1.5
6. Perform rhythmic dance steps and sequences 1.2-1.6

Manipulative

1. Throw overhand a variety of objects. Demonstrate a side orientation w/critical elements 1.2-2.1
2. Catch objects coming from different directions and heights 1.2-2.2
3. Strike a variety of objects with the hand or an implement with purpose to control force/direction 1.2-2.3
4. Kick a rolled or moving ball with the laces of shoes 1.2-2.4
5. Dribble a ball with hands and feet using variations of controlled speed, direction, pathway and in relationship with objects 1.2-2.5
6. Roll a ball or object to a moving target or partner 1.2-2.6

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Movement Concepts Demonstrate knowledge of movement concepts related to body, space, effort, flow and relationships.

1. Apply movement vocabulary of body, space, effort, flow and relationships to complete movement tasks 2.2-1.1
2. Apply movement concepts to modify performance 2.2-1.2
3. Apply different degrees of effort, force, speed and direction to accomplish a task 2.2-1.3
4. Apply concepts of general and personal space to accomplish movement tasks in movement patterns, games and tasks 2.2-1.4

Skip to main content

nowledge of Skill Cues Demonstrate knowledge of critical elements of fundamental motor skills

1. Differentiate between locomotor, non-locomotor and manipulative skills 2.2-2.1
2. Identify and perform locomotor, non-locomotor and manipulative skills 2.2-2.2

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical activity knowledge Evaluate level of physical activity Healthy habits in relation to physical activity Describes current level of physical activity & identifies additional physical activity opportunities

1. Identify opportunities for physical activity at school, home and in the community 3.2-1.1
2. Track the amount of physical activity within the school day 3.2-1.2
3. Suggest alternatives to unhealthy food and beverage choices related to physical activity 3.2-1.3

Cardio Muscular strength and endurance Flexibility Understand the principles, components and practices of health-related physical fitness.

1. Demonstrate activities that align with each component of health-related fitness 3.2-2.1
2. Name activities that increase heart rate 3.2-2.2
3. Identify activities to improve muscular strength 3.2-2.3
4. Identify ways to stretch muscles in various parts of the body 3.2-2.4

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Self-direction Safety Know and follow procedures and safe practices.

1. Respond positively to reminders of appropriate safety procedures 4.2-1.1
2. Follow directions and handle equipment safely 4.2-1.2
3. Participate and assess one's behavior in physical activities 4.2-1.3
4. Explain rules related to safety and activity-specific procedures 4.2-1.4

Cooperation and Respect Responsible behavior in physical activity settings

1. Apply proper class procedures while participating in physical education activities 4.2-2.1
2. Demonstrate cooperation with others when resolving conflicts in physical education activities 4.2-2.2
3. Interact positively with others in partner and small group activities without regard to individual differences 4.2-2.3
4. Take turns using equipment or performing a task 4.2-2.4

The physical literate individual recognizes the value of physical act... en...

Skip to main content

Health reasons to be physically active Identifies health benefits as reasons to value physical activity.

1. Identify specific health benefits from participation in daily physical activity 5.2-1.1

...joyment Identifies reasons to participate in physical activity.

self-expression and/or social interaction.

1. Discuss choices for enjoying certain types of physical activities 5.2-2.1