Maine Health and Physical Education

Physical Education: Grade 2

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Locomotor Skills

1 Executes a combination of locomotor skills in different pathways, levels or directions. 1.1

Non-locomotor Skills

1 Executes more complex non-locomotor skills to move and control the body. 1.2

Locomotor and Non-locomotor Combination Skills

1 Performs a rhythmic activity with correct response to simple rhythms. 1.3

Manipulative Skills

1 Executes a variety of manipulative skills while maintaining control of body and objects/ equipment. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

1 Demonstrates basic motor performance in conjunction with manipulative skills. 2.1

Strategies and Tactics

1 Understands/explains the importance of feedback as it relates to improved motor performance. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

1 Identifies the physiological signs of moderate to vigorous physical activity and uses teachers' suggestions to modify intensity of the activity when needed. 3.1

Skill-Related Fitness and Training

1 Demonstrates control of body in space when performing skill-related fitness components during game play and challenge activities. 3.2

Training Principles for Fitness and Sport

1 Classifies activities as light, medium, and/or difficult based on the response of the physiological responses of the body. 3.3

ealth-related and/or sport training and/or fitness plan

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1 Creates a simple workout plan using motor skill, movement concepts, health-related and/or skill-related fitness components. 3.4

Fitness, Sport, and Technology

1 Participates in a teacher-directed skill-related fitness, and/or dance/movement video resource at school and/or at home. 3.5

Physical Activity, Community,

1 Identifies ways to be responsible for one's own fitness by choosing to be active at home or at school. 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

1 Explains the value of working cooperatively in group settings. Accepts personal responsibility for behavior. 4.1

Working with Others

1 Demonstrates cooperative skills. Summarizes the benefits of positive social interaction to make activities more enjoyable. 4.2

Rules, Etiquette, and Safety

1 Uses safe practices when engaging in physical education activities with little or no prompting. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

1 Recognizes the value of physical activity for good health. 5.1

Challenge

1 Recognizes that perseverance in physical activities can lead to improvement 5.2

Self-expression and Enjoyment

1 Describes reasons for enjoying physical activity. 5.3

Social Interaction

1 Understands that physical activities can foster cooperation 5.4