Maryland Physical Education

Grade 2

Motor Skills and Movement Patterns S1.G2

Hopping, Galloping, Jogging, Running, Sliding, and Skipping

1 Demonstrates skipping using a mature pattern. S1.G2.1

Jogging for Distance

2a Demonstrates jogging for distance with a mature pattern. S1.G2.2A

2b Travels showing differentiation between jogging and sprinting. S1.G2.2B

Jumping and Landing

3a Demonstrates most critical elements for jumping and landing in a horizontal plane using a variety of one and two-foot takeoffs and landings. S1.G2.3A

3b Demonstrates most critical elements for jumping and landing in a vertical plane. S1.G2.3B

Dance

4 Performs a rhythmic activity with correct response to simple rhythms. S1.G2.4

Balance

5a Balances on different bases of support, combining levels and shapes. S1.G2.5A

5b Balances in an inverted position with stillness and supportive base. S1.G2.5B

Weight Transfer

6 Transfers weight from feet to different body parts/bases of support for balance. S1.G2.6

Weight Transfer - Rolling

7 Demonstrates rolling in different directions with either a narrow or a curled body shape. S1.G2.7

Curling, Stretching, Twisting, and Bending

8 Differentiates among twisting, curling, bending, and stretching actions. S1.G2.8

Combinations - Balance and Weight Transfers

9 Combines balances and transfers into a three-part sequence. S1.G2.9

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olling a Ball

) Rolls a ball while demonstrating most critical elements. S1.G2.10

Underhand Throw

11 Demonstrates an underhand throw using a mature pattern. S1.G2.11

Overhand Throw

12 Demonstrates some critical elements of an overhand throw. S1.G2.12

Catching

13 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling it against the body. S1.G2.13

Dribbling with Hands

14a Dribbles in personal space with preferred hand demonstrating a mature pattern. S1.G2.14A

14b Dribbles while walking in general space. S1.G2.14B

Dribbling with Feet

15 Dribbles with the feet in general space with control of ball and body. S1.G2.15

Kicking

16 Uses a continuous running approach and kicks a moving ball, demonstrating some critical elements. S1.G2.16

Underhand Volley

17 Volleys an object upward with consecutive hits. S1.G2.17

Striking with a Short-Handled Implement

18 Strikes an object upward with a short-handled implement, using consecutive hits. S1.G2.18

Catching with a Short-Handled Implement

19 Catches an object with a short-handled implement in a non-dynamic environment, demonstrating some of the critical elements. S1.G2.19

Striking with a Long-Handled Implement

20 Strikes a stationary object, demonstrating some of the critical elements. S1.G2.20

Jumping Rope

21a Jumps a self-turned rope consecutively forward and backward with a mature pattern. S1.G2.21A

21b Jumps a long rope consecutively with peer turners. S1.G2.21B

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Combines locomotor skills in general space to a rhythm. S2.G2.1

	Pathways, Shapes, & Levels	
	2	Combines shapes, levels, and pathways into simple travel, dance, and gymnastics sequences. S2.G2.2
	Speed, Direction, & Force	
	3	Varies speed and force with gradual increases and decreases. S2.G2.3
Health-Enhancing Level of Physical Activity and Fitness S3.G2	**Physical Activity Knowledge**	
	1	Describes physical activities for participation outside of physical education class. S3.G2.1
	Physical Activity Engagement	
	2	Engages actively in physical education class in response to instruction and practice. S3.G2.2
	Fitness Knowledge	
	3a	Uses own body as resistance for developing strength. S3.G2.3A
	3b	Identifies physical activities that contribute to fitness. S3.G2.3B
	3c	Practices estimating their heart rate. S3.G2.3C
	Nutrition	
	4	Recognizes the correlation of good nutrition with physical activity. S3.G2.4
Responsible Personal and Social Behavior S4.G2	**Personal Responsibility**	
	1a	Practices skills with minimal teacher prompting. S4.G2.1A
	1b	Accepts responsibility for class protocols with behavior and performance actions. S4.G2.1B
	1c	Recognizes that skills will develop over time with appropriate practice and use of the correct cues. S4.G2.1C
	Corrective Feedback	
	2	Lists examples of appropriate feedback using verbal and visual cues to improve performance in a specific skill. S4.G2.2
	Accepting Feedback	
	3	Accepts skill-specific corrective feedback from the teacher. S4.G2.3
	Working with Others	
	4	Works independently with others in partner environments. S4.G2.4
	ıles and Etiquette	

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5 Recognizes the role of rules and etiquette in teacher-designed physical activities. S4.G2.5

Safety

6a Works independently and safely in physical education. S4.G2.6A

6b Works safely with physical education equipment. S4.G2.6B

Recognizes the Value of Physical Activity S5.G5

Health

1 Recognizes the value of good health balance. S5.G5.1

Challenge

2 Compares physical activities that bring confidence and challenge. S5.G5.2

Self-Expression and Enjoyment

3a Identifies physical activities that provide self-expression. S5.G5.3A

3b Chooses personal reasons for enjoying physical activity. S5.G5.3B