Nebraska Physical Education

Grade 2

Adopted 2016

Physical Activity Skills and Movement Patterns PE.2.1

1. **Performs locomotor skills in a variety of environments.** PE.2.1.1
   a. Applies hopping, galloping, and side sliding in a variety of activity environments. PE.2.1.1.A
   b. Skips, runs, and jogs in mature patterns. PE.2.1.1.B
   c. Exhibits 4 of 5 critical elements for jumping horizontally using a variety of two-foot and one-foot take-offs and landings. PE.2.1.1.C
   d. Exhibits 4 of 5 critical elements for jumping vertically using a variety of two-foot and one-foot take-offs and landings. PE.2.1.1.D
   e. Demonstrates locomotor and non-locomotor skills in teacher-designed or student-designed rhythmic activities. PE.2.1.1.E

2. **Performs non-locomotor skills in a variety of environments.** PE.2.1.2
   a. Balances on different bases of support, combining levels and shapes. PE.2.1.2.A
   b. Transfers weight to different body parts/bases of support for balance and/or for travel. PE.2.1.2.B
   c. Rolls in different directions with either a narrow or curled body shape. PE.2.1.2.C
   d. Differentiates among curling, stretching, twisting, and bending. PE.2.1.2.D
   e. Combines balances and weight transfers into a 3-part sequence. PE.2.1.2.E

3. **Performs manipulative skills in a variety of environments.** PE.2.1.3
   a. Throws underhand using a mature pattern. PE.2.1.3.A
   b. Throws overhand demonstrating 2 of 5 critical elements. PE.2.1.3.B
   c. Passes with hands to a stationary partner. PE.2.1.3.C
   d. Catches a self-tossed or well-thrown large ball with hands using 2 of 5 critical elements. PE.2.1.3.D
   e. Dribbles continuously in self space with preferred hand, demonstrating 3 of 5 critical elements. PE.2.1.3.E
   f. Dribbles using preferred hand while walking in general space. PE.2.1.3.F
   g. Dribbles with feet in general space with control of ball and body. PE.2.1.3.G
   h. Uses a continuous running approach and kicks a moving ball, demonstrating 3 of 5 critical elements. PE.2.1.3.H

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i. Volleys an object underhand sending it upward with consecutive hits using 3 of 5 critical elements. PE.2.1.3.I

j. Volleys a lightweight object overhead sending it upward with consecutive hits. PE.2.1.3.J

k. Strikes an object with a short-handled implement upward, using consecutive hits. PE.2.1.3.K

l. Strikes a ball with a bat off a tee or cone using correct grip and proper body orientation. PE.2.1.3.L

m. Jumps consecutively forward and backward using a self-turned rope with a mature pattern. PE.2.1.3.M

n. Jumps a long rope 5 times consecutively with student turners. PE.2.1.3.N

Movement Concepts, Strategies, and Tactics PE.2.2

1. **Demonstrates knowledge of movement concepts in a variety of environments.** PE.2.2.1

   a. Combines locomotor skills in general space to a rhythm. PE.2.2.1.A

   b. Combines shapes (e.g., narrow, wide, twisted, curved, asymmetrical and symmetrical) levels and pathways into simple travel, rhythmic, and tumbling sequences. PE.2.2.1.B

   c. Varies speed and force with gradual increases and decreases. PE.2.2.1.C

Health-Related Physical Activity and Fitness PE.2.3

1. **Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.2.3.1

   a. Describes different opportunities outside of physical education class (e.g., recess, before and after school, at home, in the community, with friends, with family) to use large-motor and/or manipulative physical activities. PE.2.3.1.A

2. **Engages in physical activity.** PE.2.3.2

   a. Engages in physical activity in physical education class in response to instruction and practice. PE.2.3.2.A

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.2.3.3

   a. Recognizes the use of own body weight as resistance (e.g., plank, animal walks) for developing strength. PE.2.3.3.A

   b. States the purpose of a warm-up and cool-down led by the teacher. PE.2.3.3.B

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.2.3.4

   a. Recognizes the impact of nutrition on physical activity. PE.2.3.4.A

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Exhibits personal responsibility in physical activity settings. PE.2.4.1

a. Practices skills with minimal teacher prompting. PE.2.4.1.A

b. Accepts responsibility for class expectations with behavior and performance. PE.2.4.1.B

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.2.4.2

a. Accepts positive corrective feedback from the teacher. PE.2.4.2.A

3. **Exhibits responsible social behavior when working with others.** PE.2.4.3

a. Works with a partner with minimal teacher prompting. PE.2.4.3.A

4. **Follows rules and demonstrates proper etiquette.** PE.2.4.4

a. Recognizes the importance of rules and etiquette in teacher-designed physical activities. PE.2.4.4.A

5. **Participates safely in physical activities.** PE.2.4.5

a. Works independently and safely with or without equipment. PE.2.4.5.A

Physical Activity Benefits PE.2.5

1. **Recognizes the benefits of physical activity for health.** PE.2.5.1

a. Recognizes the relationship between physical activity and good health. PE.2.5.1.A

2. **Recognizes the benefits of physical activity for challenge.** PE.2.5.2

a. Compares different physical activities that brings challenge and promotes confidence. PE.2.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.2.5.3

a. Identifies physical activities that provide self-expression. PE.2.5.3.A