North Carolina Physical Education

Second Grade

Motor Skills

1 **Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.** 2.MS.1

1 Demonstrate mature form of six or more locomotor skills (walk, run, jump, hop, skip, gallop, leap, slide) using different pathways, levels, or directions. PE.2.MS.1.1

2 Demonstrate emerging forms of a variety of manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.2.MS.1.2

3 Demonstrate combinations of locomotor skills with emerging form. PE.2.MS.1.3

4 Perform a teacher and/or student designed rhythmic activity with correct response to simple rhythms. PE.2.MS.1.4

Movement Concepts

2 **Demonstrate understanding of concepts that apply to the learning and performance of movement.** 2.MC.2

1 Demonstrate understanding of the movement concepts of space, pathways, levels, speed, and force through combined movement skills. PE.2.MC.2.1

2 Identify three or more of the critical elements for fundamental manipulative skills (throwing, catching, dribbling, passing, volleying, striking, and kicking). PE.2.MC.2.2

3 Explain the value of feedback in improving motor performance. PE.2.MC.2.3

Health-Related Fitness

3 **Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.** 2.HF.3

1 Identify three or more of the five health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) and their associated exercises. PE.2.HF.3.1

2 Identify ways to be physically active outside of physical education class. PE.2.HF.3.2

3 Actively engage in physical education class in response to instruction and practice. PE.2.HF.3.3

Personal/Social Responsibility

4 **Demonstrate responsible personal and social behavior that respects self and others.** 2.PR.4

1 Demonstrate ability to work independently and cooperatively with others in a variety of class environments. PE.2.PR.4.1

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2 Demonstrate understanding of physical activities that provide opportunities for selfexpression. PE.2.PR.4.2

3 Demonstrate the ability to work independently and safely in Physical Education PE.2.PR.4.3