

# 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
- 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