

Grade 2

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Skips using a mature pattern. [PE.1.2.1](#)

2. Runs with a mature pattern. [PE.1.2.2](#)

3. Travels showing differentiation between jogging and sprinting. [PE.1.2.3](#)

4. Demonstrates critical elements for jumping & landing in a horizontal plane using a variety of 1- and 2-foot take-offs & landings. [PE.1.2.4](#)

5. Demonstrates critical elements for jumping & landing in a vertical plane using a variety of 1- and 2-foot take-offs & landings. [PE.1.2.5](#)

6. Performs a teacher- and/or student-designed rhythmic activity with correct response to simple rhythms. [PE.1.2.6](#)

7. Balances on different bases of support, combining levels and shapes. [PE.1.2.7](#)

8. Balances in an inverted position with stillness and supportive base. [PE.1.2.8](#)

9. Transfers weight from feet to different body parts/bases of support for balance and/or travel. [PE.1.2.9](#)

10. Rolls in different directions with either a narrow or curled body shape. [PE.1.2.10](#)

11. Differentiates among twisting, curling, bending & stretching actions. [PE.1.2.11](#)

12. Combines balances and transfers into a - part movement sequence (i.e. dance, gymnastics, rhythmic sequence). [PE.1.2.12](#)

13. Throws underhand using a mature pattern. [PE.1.2.13](#)

14. Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern. [PE.1.2.14](#)

15. Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body. [PE.1.2.15](#)

16. Dribbles in self-space with preferred hand demonstrating a mature pattern. [PE.1.2.16](#)

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17. Dribbles using the preferred hand while walking in general space. PE.1.2.17

 18. Dribbles with the feet in general space with control of ball and body. PE.1.2.18

 19. Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern. PE.1.2.19

 20. Volleys an object upward with consecutive hits. PE.1.2.20

 21. Strikes an object upward with a short-handled implement, using consecutive hits. PE.1.2.21

 22. Strikes a ball off a tee or cone with a bat, using correct grip and side orientation proper body orientation. PE.1.2.22

 23. Jumps a self-turned rope consecutively forward and back-ward with a mature pattern. PE.1.2.23

 24. Jumps a long rope 5 times consecutively with student turners. PE.1.2.24
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

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

 2. Combines shapes, levels and pathways into simple travel, dance and gymnastics sequences. PE.2.2.2

 3. Varies time and force with gradual increases and decreases. PE.2.2.3
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family). PE.3.2.1

 2. Actively engages in physical education class in response to instruction and practice. PE.3.2.2

 3. Uses own body as resistance (e.g., holds body in plank position, animal walks) for developing strength. PE.3.2.3

 4. Recognizes the "good health balance" of good nutrition with physical activity. PE.3.2.4
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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

1. Practices skills with minimal teacher prompting. PE.4.2.1

 2. Accepts responsibility for class protocols with behavior and performance actions. PE.4.2.2

 3. Accepts positive specific corrective feedback from the teacher. PE.4.2.3

 4. Works cooperatively with others in partner environments. PE.4.2.4
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5. Exhibits the use of rules and etiquette in teacher-designed physical activities. PE.4.2.5

6. Works independently and safely in physical education. PE.4.2.6

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Recognizes the value of "good health balance" (good nutrition with physical activity). PE.5.2.1

2. Identify physical activities that bring confidence and challenge. PE.5.2.2

3. Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks/games environment). PE.5.2.3