South Dakota Physical Education

Grade 2

Adopted 2014

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

- **2. Skips using a mature pattern.** S1.E1.2
- **2a. Runs with a mature pattern.** S1.E2.2A
- **2b. Travels showing differentiation between jogging and sprinting.** S1.E2.2B
- **2. Demonstrates four of the five critical elements for jumping and landing in a horizontal plane using a variety of one- and two-foot take-offs and landings. Two feet must be used in either take-off or landing.** S1.E3.2
- **2. Demonstrates four of the five critical elements for jumping and landing in a vertical plane.** S1.E4.2
- **2. Performs a teacher/student-designed rhythmic activity/dance with correct response to simple rhythms.** S1.E5.2
- **2a. Balances on different bases of support, combining levels and shapes.** S1.E7.2A
- **2b. Balances in an inverted position with stillness and supportive base.** S1.E7.2B
- **2. Transfers weight from feet to different body parts/bases of support for balances and/or travel.** S1.E8.2
- **2. Rolls in different directions with either a narrow or curled body shape and regains vertical posture.** S1.E9.2
- **2. Differentiates among twisting, curling, bending and stretching actions.** S1.E10.2
- **2. Combines balances and transfers into a three-part sequence (e.g., dance, gymnastics).** S1.E11.2
- **2. Throws underhand using a mature pattern.** S1.E13.2
- **2. Throws overhand demonstrating two of the five critical elements of a mature pattern.** S1.E14.2
- **2. Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.** S1.E16.2

Skip to main content

	2a. Dribbles in self-space with dominant hand demonstrating a mature pattern. S1.E17.2A
	2b. Dribbles using the dominant hand while walking in general space. S1.E17.2B
	2. Dribbles with the feet in general space with control of ball and body. S1.E18.2
	2. Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern. S1.E21.2
	2. Volleys an object upward with consecutive hits. S1.E22.2
	2. Strikes an object in a variety of directions with a short-handled implement, using consecutive hits. S1.E24.2
	2. Strikes an object off a tee or cone with an implement, using correct grip and side-orientation/proper body orientation. S1.E25.2
	2a. Executes a single jump with self-turned rope with a mature pattern. S1.E27.2A
	2b. Jumps a long rope five times consecutively with student turners. S1.E27.2B
The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.	**2.** Combines locomotor skills in general space to a rhythm/beat. S2.E1.2
	2. Combines levels and pathways into simple travel, dance and gymnastics sequences. S2.E2.2
	2. Varies time and force with gradual increases and decreases. S2.E3.2
	2. Utilizes relationship concepts in small groups. S2.E4.2
	2. Utilizes technology or other resources to enhance experiences in fitness S2.E6.2
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**2.** 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). S3.E1.2
	2. Actively engages in physical education class in response to instruction and practice. S3.E2.2
	2a. Uses own body as resistance (e.g., holds body in plank position, animal walks) for developing strength. S3.E3.2A
	2b. Identifies physical activities that contribute to fitness. S3.E3.2B
	2. Recognizes the "good health balance" of good nutrition with physical activity. S3.E6.2

Skip to main content

The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.	**2.** Practices skills with minimal teacher prompting. S4.E1.2
	2a. Participates independently for extended periods of time. S4.E2.2A
	2b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity. S4.E2.2B
	2. Accepts specific corrective feedback from the teacher. S4.E3.2
	2a. Works independently with others in a variety of class environments (e.g., small and large groups). S4.E4.2A
	2b. Recognizes and understands individual uniqueness and diversity. S4.E4.2B
	2a. Recognizes the role of rules and etiquette in teacher-designed physical activities. S4.E5.2A
	2b. Exhibits the fundamentals of good sportsmanship. S4.E5.2B
	2. Works independently and safely with equipment with teacher reminders. S4.E6.2
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.	**2.** Recognizes and values the balance between physical activity and nutrition for a healthy lifestyle and for brain health. S5.E1.2
	2. Compares physical activities that bring confidence and challenge. S5.E2.2
	2. Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in games environment). S5.E3.2
	2. Identifies the positive social interactions that come when engaged with others in physical activity. S5.E4.2