Tennessee Physical Education

Grade 2

Adopted 2016

Motor Skills

1. **Hop (one foot), gallop, slide, skip** MS.1
   2. Skips using a mature pattern. MS.1.2

2. **Jog, run** MS.2
   a. Jogs and runs using a mature pattern. MS.2.2.A

3. **Jump & land for distance (horizontal)** MS.3
   2. Jumps and lands with two feet using 3 of 4 critical elements (arms back & knees bent, arms extend forward as body propels forward, hips, knees, & ankles bend on landing). MS.3.2

4. **Jump & land for height (vertical)** MS.4
   2. Jumps using 4 of 5 critical elements (hips, knees, & ankles bent, arms extend upward, body extends & stretches upward while in flight, hips, knees, & ankles bend on landing). MS.4.2

5. **Dance** MS.5
   2. Performs a simple, creative dance using locomotor, nonlocomotor, and movement concepts. MS.5.2

6. **Balance** MS.6
   2. Maintains stillness on various bases of support at different levels. MS.6.2

7. **Weight Transfer & Rolling (OPTIONAL)** MS.7
   2. Performs a forward roll or shoulder roll while maintaining a curled body shape. MS.7.2

8. **Combinations (optional)** MS.8
   2. Moves out of a balance using an appropriate weight transfer and/or roll. MS.8.2

9. **Underhand Throw** MS.9
   2. Throws underhand with a mature pattern. MS.9.2

10. **Overhand Throw** MS.10
    2. Throws overhand demonstrating side to target using foot opposition. MS.10.2

Skip to main content

11. **Catching** MS.11
    2. Catches underhand (at or below the chest) using a mature pattern (from partner). MS.11.2

12. **Passing & Receiving with implements** MS.12
    2. Developmentally appropriate at grade 3 MS.12.2

13. **Dribbling with hands** MS.13
    a. Dribbles in self-space using a mature pattern. MS.13.2.A
    b. Dribbles with preferred hand while walking. MS.13.2.B

14. **Dribbling with feet** MS.14
    2. Dribbles with feet while walking, keeping control of the ball. MS.14.2

15. **Kicking (force or distance)** MS.15
    2. Kicks a ball with a running approach using a mature pattern. MS.15.2

16. **Passing & Receiving with feet** MS.16
    2. Passes a ball with inside of foot to stationary partner. MS.16.2

17. **Striking with hand(s)** MS.17
    2. Consecutively strikes an object with an open palm. MS.17.2

18. **Striking, short implement** MS.18
    2. Strikes an object with a short-handled implement sending it forward using an underhand pattern. MS.18.2

19. **Striking, long implement** MS.19
    2. Strikes a ball off a tee with a bat using correct grip and side orientation. MS.19.2

20. **Jumping Rope** MS.20
    a. Continuously jumps a self-turned rope with a mature pattern. MS.20.2.A
    b. Performs basic jump rope skills. MS.20.2.B

Movement Knowledge & Application (MKA)

1. **Space Awareness (location)** MKA.1
    a. Explains the importance of self-space while moving. MKA.1.2.A
    b. Travels using various locomotor skills in general space. MKA.1.2.B

2. **Space Awareness (pathways, levels, directions** MKA.2
    a. Explains the use of different pathways. MKA.2.2.A
    b. Demonstrates and applies all three pathways (straight, curvy, zigzag). MKA.2.2.B

3. **Effort: speed and force** MKA.3

Skip to main content

a. Explains the use of speeds and forces. MKA.3.2.A

b. Demonstrates various speeds and forces. MKA.3.2.B

4. Relationships (body shapes, with objects, with people) MKA.4

a. Explains symmetrical and non-symmetrical body shapes. MKA.4.2.A

b. Demonstrates symmetrical and non-symmetrical body shapes. MKA.4.2.B

c. Uses relationships and body shapes in simple dance and/or gymnastics sequences. MKA.4.2.C

5. Movement Principles (base of support, muscle tension, ready position) MKA.5

a. Explains the need for muscular tension to maintain balance. MKA.5.2.A

b. Applies the concept of muscular tension while balancing on various bases of support. MKA.5.2.B

6. Performance Cues MKA.6

2. Describes performance cues of locomotor and manipulative skills. MKA.6.2

7. Simple Strategies MKA.7

2. Applies simple strategies to chase and flee (tag) activities. MKA.7.2

Fitness & Physical Activity (FPA)

1. Health-related Fitness FPA.1

2. Identifies and participates in physical activities that increase heart rate. FPA.1.2

2. Physical Activity FPA.2

2. Identifies personal physical activity choices. FPA.2.2

Personal & Social Responsibility (PSR)

1. Personal Responsibility PSR.1

2. Participates with minimal prompting. PSR.1.2

2. Feedback PSR.2

2. Accepts specific teacher feedback PSR.2.2

3. Working with others PSR.3

2. Demonstrates awareness of personal behavior with regard to cooperation and sharing. PSR.3.2

4. Procedures & Rules PSR.4

2. Identifies the need for procedures and rules to create a positive learning environment. PSR.4.2

Safety PSR.5

2. Recognizes potential personal safety issues. PSR.5.2

Skip to main content

Values Physical Activity (VPA)

1. **Appreciation** VPA.1
    2. Recognizes and participates in physical activity for enjoyment, self-expression, and/or social interaction. VPA.1.2

2. **Challenge** VPA.2
    2. Exhibits a willingness to continue practicing challenging experiences. VPA.2.2