Texas Physical Education

Grade 2

Movement patterns and movement skills--locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate skills. The student is expected to: 2.1	**a** practice and apply correct technique while hopping, galloping, running, sliding, and skipping; 2.1.A
	b demonstrate correct jumping and landing technique while consecutively jumping in place, forward and backward, side to side, half turns, and in tuck position; 2.1.B
	c demonstrate basic balancing, cross lateralization, and sequencing of three skills with repetition; and 2.1.C
	d spin and roll at different levels, speeds, and positions. 2.1.D
Movement patterns and movement skills--non-locomotor skills. The physically literate student demonstrates competency in fundamental movement patterns and developmentally appropriate skills. The student is expected to: 2.2	**a** demonstrate maintaining balance standing on one foot while placing the free leg in a variety of different positions for eight seconds; and 2.2.A
	b differentiate between bending, stretching, twisting, curling, pushing, pulling, and swaying. 2.2.B
Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills. The student is expected to: 2.3	**a** demonstrate key elements in underhand throwing to a partner and overhand throwing to a target with opposite foot forward; 2.3.A
	b demonstrate key elements when catching an accurately and softly thrown large ball without trapping against the body; 2.3.B
	c demonstrate key elements of hand dribbling while walking; 2.3.C
	d dribble a ball with control using both feet while walking; 2.3.D
	e kick a moving ball using a continuous running approach; 2.3.E
	f volley a lightweight object with consecutive hits to self or partner; 2.3.F

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	g strike a stationary object off the ground or an elevated surface with a hand or short- or long-handled implement consecutively; 2.3.G
	h jump forward and backward with a self-turned rope; and 2.3.H
	i demonstrate turning and jumping a long rope. 2.3.I
Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness, including pathways, shapes, levels, speed, direction, and force. The student is expected to: 2.4	**a** demonstrate locomotor, non-locomotor, and manipulative skills safely in personal and general space; 2.4.A
	b combine pathways, shapes, and levels into simple sequences; and 2.4.B
	c combine speed and direction as directed by the teacher. 2.4.C
Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to demonstrate simple rhythmic sequences using various locomotor and coordination skills in eight counts. 2.5	**5** Movement patterns and movement skills--rhythmic activities. The physically literate student demonstrates competency in rhythmic activities and rhythmic combinations. The student is expected to demonstrate simple rhythmic sequences using various locomotor and coordination skills in eight counts. 2.5
Performance strategies--games and activities. The physically literate student demonstrates competency in performance strategies in invasion, target, net or wall, fielding, striking, and cooperative games. The student is expected to:	**a** apply the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games at low, middle, and high levels with appropriate speed and direction; 2.6.A
	b participate in appropriate drills and activities to enhance the learning of specific motor development skills; and 2.6.B
	c demonstrate safe practices by using equipment appropriately and respecting personal space with minimal teacher guidance. 2.6.C

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Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to describe outdoor recreation and health and fitness activities in school and the community. 2.7	7	**Performance strategies--outdoor and recreational pursuits. The physically literate student demonstrates competency in outdoor and recreational pursuits. The student is expected to describe outdoor recreation and health and fitness activities in school and the community.** 2.7
Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to: 2.8	a	**list the benefits of regular physical activity on the heart and lungs;** 2.8.A
	b	**define frequency and endurance as it relates to physical activities; and** 2.8.B
	c	**demonstrate correct technique of exercises that promote health-related fitness.** 2.8.C
Health, physical activity, and fitness--analyze data. The physically literate student demonstrates competency in the ability to analyze data used during fitness performance. The student is expected to: 2.9	a	**develop health-and skill-related goals with teacher guidance; and** 2.9.A
	b	**identify how to measure improvement and track progress in physical skills with a measuring tool.** 2.9.B
Health, physical activity, and fitness--nutrition and hydration. The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to: 2.10	a	**identify the types of food that produce energy to enhance physical activity; and** 2.10.A
	b	**explain the need for proper hydration to enhance physical activity.** 2.10.B

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Health, physical activity, and fitness--environmental awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices. The student is expected to: 2.11	**a** explain how proper attire and safety equipment promote safe participation and prevent injury in a variety of physical activities; and 2.11.A
	b identify and explain safety precautions, including pedestrian, water, sun, cycling, and skating safety. 2.11.B
Social and emotional health--personal responsibility and self-management. The physically literate student demonstrates competency in personal responsibility. The student is expected to: 2.12	**a** differentiate between the positive and negative consequences of personal actions; 2.12.A
	b explain and demonstrate respect for differences and similarities in abilities of self and others; and 2.12.B
	c identify self-management skills to control personal impulses and emotions. 2.12.C
Social and emotional health--resolving conflict and social interaction. The physically literate student demonstrates competency in resolving conflict and social interaction. The student is expected to: 2.13	**a** identify the causes of problems and propose solutions with teacher guidance; and 2.13.A
	b communicate feelings and thoughts appropriately without cue. 2.13.B
Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain how practicing challenging physical activities can build confidence and mi wh ski... 2.14	**14** Social and emotional health--perseverance. The physically literate student perseveres while addressing challenges. The student is expected to explain how practicing challenging physical activities can build confidence and minimize frustration when learning skills. 2.14

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Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to listen respectfully and respond appropriately to specific corrective feedback with teacher guidance. 2.15	**15** **Social and emotional health--accepting and providing constructive feedback. The physically literate student accepts and provides constructive feedback. The student is expected to listen respectfully and respond appropriately to specific corrective feedback with teacher guidance.** 2.15
Lifetime wellness--application of lifetime wellness. The physically literate student identifies the value of lifetime wellness. The student is expected to: 2.16	**a** **participate in moderate to vigorous physical activity on a regular basis; and** 2.16.A
	b **identify and select physical activities for personal enjoyment.** 2.16.B