Washington Health and Physical Education

Physical: Grade 2

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Locomotor**
   a. Demonstrate mature pattern in locomotor skills in isolation (skip). PE1.1.2.A
   b. Demonstrate a sequence of locomotor skills, transitioning smoothly from one skill to another. PE1.1.2.B

2. **Nonlocomotor**
   2. Demonstrate a sequence of nonlocomotor skills, transitioning smoothly from one skill to another. PE1.2.2

3. **Balance**
   2. Demonstrate static balance on different bases of support, combining levels and shapes. PE1.3.2

4. **Weight Transfer**
   2. Demonstrate weight transfer from feet to different bases of support for static or dynamic balance. PE1.4.2

5. **Rhythm**
   2. Demonstrate rhythmic skills combining locomotor, nonlocomotor, and manipulative skills. PE1.5.2

6. **Underhand Throw**
   a. Demonstrate mature pattern in an underhand throw for distance. PE1.6.2.A
   b. Demonstrate mature pattern in an underhand throw to a large, stationary target. PE1.6.2.B

7. **Overhand Throw**
   2. Demonstrate emerging pattern in an overhand throw using different sizes and types of objects. PE1.7.2

8. **Catch**
   2. Demonstrate mature pattern while catching a large ball that is self-tossed or tossed by a skilled thrower. PE1.8.2

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9. **Hand Dribble**

a. Demonstrate mature pattern while hand-dribbling continuously in self-space with preferred hand. PE1.9.2.A

b. Demonstrate emerging pattern while hand-dribbling continuously in self-space using non-preferred hand. PE1.9.2.B

10. Foot Pass/Kick

a. Demonstrate emerging pattern while passing and kicking along the ground with the inside of the foot to a target or stationary partner. PE1.10.2.A

b. Demonstrate emerging pattern while passing and kicking a moving ball with the inside of the foot. PE1.10.2.B

11. Foot Trap/Receive

2. Demonstrate emerging pattern while receiving with the non-preferred foot when stationary. PE1.11.2

12. Foot Dribble

2. Demonstrate mature pattern while foot-dribbling with both feet at a slow speed. PE1.12.2

13. Strike/Volley, Hands and Arms

2. Demonstrate emerging pattern while striking an object upward continuously with an open palm or forearms. PE1.13.2

14. Strike, Short Implement

2. Demonstrate mature pattern while striking an object upward continuously with a short-handled implement. PE1.14.2

15. Strike, Long Implement

a. Demonstrate emerging pattern while striking a ball off a tee with a lightweight bat. PE1.15.2.A

b. emerging pattern while striking an object with a long-handled implement to a target. PE1.15.2.B

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. Space

2. Demonstrate safe movement in personal space in a variety of increasingly complex activities. PE2.1.2

2. Pathways, Levels, and Relationships

2. Demonstrate combinations of pathways, levels, and relationships in simple travel sequences. PE2.2.2

3. Speed, Direction, and Force

2. Demonstrate concepts of speed, direction, and force using locomotor skills. PE2.3.2

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4. Strategies

2. Understand strategies in chasing and fleeing activities. PE2.4.2

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Benefit of Physical Activity

2. Identify benefits of being physically active. PE3.1.2

2. Engagement in Physical Activity

2. Actively engage in physical education class. PE3.2.2

3. Health-Related Fitness

a. Recognize components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). PE3.3.2.A

b. Identify locations to palpate pulse rate. PE3.3.2.B

6. Engagement in Fitness Activities

2. Participate in developmentally appropriate activities to improve overall fitness. PE3.6.2

7. Body Systems

2. Recognize structure and function of the circulatory and respiratory system (lungs help with breathing). PE3.7.2

8. Nutrition

a. Understand how to create a balanced meal. PE3.8.2.A

b. Describe how each food group contributes to a healthy body. PE3.8.2.B

Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

2. Exhibit responsibility in teacher-directed activities. PE4.1.2

2. Rules and Etiquette

2. Accept responsibility and consequences for following rules and protocols. PE4.2.2

3. Receiving and Providing Feedback

2. Demonstrate listening respectfully to feedback from peers. PE4.3.2

4. Working with Others

a. Demonstrate working with others in partner environments. PE4.4.2.A

b. Demonstrate conflict resolution skills. PE4.4.2.B

5. Safety

2. Apply safety principles in physical activities (with self, with peers, with equipment). PE4.5.2

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Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. **Challenge**
    2. Recognize that perseverance in physical activities can lead to improvement. PE5.1.2

2. **Self-Expression and Enjoyment**
    2. Describe reasons for enjoying physical activity. PE5.2.2

3. **Social Interaction**
    2. Understand that physical activities can foster cooperation. PE5.3.2