

# 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](#)
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## **2. Nonlocomotor**

2. Demonstrate a sequence of nonlocomotor skills, transitioning smoothly from one skill to another. [PE1.2.2](#)
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## **3. Balance**

2. Demonstrate static balance on different bases of support, combining levels and shapes. [PE1.3.2](#)
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## **4. Weight Transfer**

2. Demonstrate weight transfer from feet to different bases of support for static or dynamic balance. [PE1.4.2](#)
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## **5. Rhythm**

2. Demonstrate rhythmic skills combining locomotor, nonlocomotor, and manipulative skills. [PE1.5.2](#)
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## **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](#)
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## **7. Overhand Throw**

2. Demonstrate emerging pattern in an overhand throw using different sizes and types of objects. [PE1.7.2](#)
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## **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](#)

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## 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](#)

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## 11. Foot Trap/Receive

2. Demonstrate emerging pattern while receiving with the non-preferred foot when stationary. [PE1.11.2](#)

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## 12. Foot Dribble

2. Demonstrate mature pattern while foot-dribbling with both feet at a slow speed. [PE1.12.2](#)

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## 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](#)

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## 14. Strike, Short Implement

2. Demonstrate mature pattern while striking an object upward continuously with a short-handled implement. [PE1.14.2](#)

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## 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](#)

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**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](#)

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### 2. Pathways, Levels, and Relationships

2. Demonstrate combinations of pathways, levels, and relationships in simple travel sequences. [PE2.2.2](#)

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### 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](#)
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**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](#)
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### 2. Engagement in Physical Activity

2. Actively engage in physical education class. [PE3.2.2](#)
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### 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](#)
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### 6. Engagement in Fitness Activities

2. Participate in developmentally appropriate activities to improve overall fitness. [PE3.6.2](#)
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### 7. Body Systems

2. Recognize structure and function of the circulatory and respiratory system (lungs help with breathing). [PE3.7.2](#)
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### 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](#)
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**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](#)
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### 2. Rules and Etiquette

2. Accept responsibility and consequences for following rules and protocols. [PE4.2.2](#)
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### 3. Receiving and Providing Feedback

2. Demonstrate listening respectfully to feedback from peers. [PE4.3.2](#)
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### 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](#)

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## 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
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## 2. Self-Expression and Enjoyment

2. Describe reasons for enjoying physical activity. PE5.2.2
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## 3. Social Interaction

2. Understand that physical activities can foster cooperation. PE5.3.2