

Grade 2

Development of Motor Skills/Movement Forms

- 19** Combine locomotor skills with pathways (e.g., straight, zigzag, and curved) and levels (e.g., high, medium, and low). [WE.2.19](#)

- 20** Practice chasing, fleeing, and evading in a variety of physical activities. [WE.2.20](#)

- 21** Combine balance, transfer of weight, and rolling movements in a repeatable sequence (e.g., beginner gymnastics, animal movements, yoga). [WE.2.21](#)

- 22** Perform dance sequences to a variety of beats, tempos, and rhythms. [WE.2.22](#)

- 23** Demonstrate directional movements of forward, backward, sideways, up, down, left, and right. [WE.2.23](#)

- 24** Kick, throw, catch, and strike an object from a stationary position. [WE.2.24](#)

Physical Fitness

- 25** Identify and discuss the components associated with health-related fitness (e.g., cardiovascular endurance, muscular strength and endurance, flexibility and body composition) and participate in activities to improve fitness. [WE.2.25](#)

- 26** Locate and discuss large muscle groups. [WE.2.26](#)

Responsible Personal and Social Behaviors

- 27** Follow rules, procedures, and safe practices individually and when in a group. [WE.2.27](#)

- 28** Participate in two physical activities that bring personal enjoyment during recess or outside of the school environment. [WE.2.28](#)