PHYSICAL EDUCATION STANDARDS

GRADE 2

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.

- Skips using a mature pattern.
- Runs with a mature pattern.
- Travels showing differentiation between jogging and sprinting.
- Demonstrates 4 of the 5 critical elements for jumping and landing in a horizontal plane using a variety of one- and two-foot take-offs and landings.
- Demonstrates 4 of the 5 critical elements for jumping and landing in a vertical plane.
- Performs a teacher- and/or student- designed rhythmic activity with correct response to simple rhythms.
- Balances on different bases of support, combining levels and shapes.
- Balances in an inverted position with stillness and supportive base.
- Transfers weight from feet to different body parts/bases of support for balance and/or
- Rolls in different directions with either a narrow or curled body shape.
- Differentiates among twisting, curling, bending and stretching actions.
- Combines balances and transfers into a three-part sequence (i.e., dance, gymnastics).
- Throws underhand using a mature pattern.
- Throws overhand, demonstrating 2 of the 5 critical elements of a mature pattern.
- Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.
- Dribbles in self-space with preferred hand demonstrating a mature pattern.
- Dribbles using the preferred hand while walking in general space.
- Dribbles with the feet in general space with control of ball and body.
- Uses a continuous running approach and kicks a moving ball, demonstrating 3 of the 5 critical elements of a mature pattern.
- Volleys an object upward with consecutive hits.
- Strikes an object upward with a short-handled implement, using consecutive hits.
- Strikes a ball off a tee or cone with a bat, using correct grip and side orientation/ proper body orientation.
- Jumps a self-turned rope consecutively forward and backward with a mature pattern.
- Jumps a long rope 5 times consecutively with student turners.

THE PHYSICALLY LITERATE INDIVIDUAL APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.

- Combines locomotor skills in general space to a rhythm.
- Combines shapes, levels and pathways into simple travel, dance and gymnastics sequences.
- Varies time and force with gradual increases and decreases.

THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.

- Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family).
- Engages actively in physical education class in response to instruction and practice.
- Recognizes the use of the body as resistance (e.g., holds body in plank position, animal walks) for developing strength.
- Identifies physical activities that contribute to fitness.
- Recognizes the "good health balance" of good nutrition with physical activity.

THE PHYSICALLY LITERATE INDIVIDUAL EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.

- Practices skills with minimal teacher prompting.
- Accepts responsibility for class protocols with behavior and performance actions.
- Accepts specific corrective feedback from the teacher.
- Works independently with others in partner environments.
- Recognizes the role of rules and etiquette in teacher-designed physical activities.
- Works independently and safely in physical education.
- Works safely with physical education equipment.

THE PHYSICALLY LITERATE INDIVIDUAL RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.

- Recognizes the value of "good health balance."
- Compares physical activities that bring confidence and challenge.
- Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in games environments).