

# Grade 2

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.2.1

- 1. Performs locomotor skills in a variety of environments. PE.2.1.1**
  - a. Applies hopping, galloping, and side sliding in a variety of activity environments. PE.2.1.1.A
  - b. Skips, runs, and jogs in mature patterns. PE.2.1.1.B
  - c. Exhibits 4 of 5 critical elements for jumping horizontally using a variety of two-foot and one-foot take-offs and landings. PE.2.1.1.C
  - d. Exhibits 4 of 5 critical elements for jumping vertically using a variety of two-foot and one-foot take-offs and landings. PE.2.1.1.D
  - e. Demonstrates locomotor and non-locomotor skills in teacher-designed or student-designed rhythmic activities. PE.2.1.1.E

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- 2. Performs non-locomotor skills in a variety of environments. PE.2.1.2**
  - a. Balances on different bases of support, combining levels and shapes. PE.2.1.2.A
  - b. Transfers weight to different body parts/bases of support for balance and/or for travel. PE.2.1.2.B
  - c. Rolls in different directions with either a narrow or curled body shape. PE.2.1.2.C
  - d. Differentiates among curling, stretching, twisting, and bending. PE.2.1.2.D
  - e. Combines balances and weight transfers into a 3-part sequence. PE.2.1.2.E

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**3. Performs manipulative skills in a variety of environments.** PE.2.1.3

- a. Throws underhand using a mature pattern. PE.2.1.3.A
- b. Throws overhand demonstrating 2 of 5 critical elements. PE.2.1.3.B
- c. Passes with hands to a stationary partner. PE.2.1.3.C
- d. Catches a self-tossed or well-thrown large ball with hands using 2 of 5 critical elements. PE.2.1.3.D
- e. Dribbles continuously in self space with preferred hand, demonstrating 3 of 5 critical elements. PE.2.1.3.E
- f. Dribbles using preferred hand while walking in general space. PE.2.1.3.F
- g. Dribbles with feet in general space with control of ball and body. PE.2.1.3.G
- h. Uses a continuous running approach and kicks a moving ball, demonstrating 3 of 5 critical elements. PE.2.1.3.H
- i. Volleys an object underhand sending it upward with consecutive hits using 3 of 5 critical elements. PE.2.1.3.I
- j. Volleys a lightweight object overhead sending it upward with consecutive hits. PE.2.1.3.J
- k. Strikes an object with a short-handled implement upward, using consecutive hits. PE.2.1.3.K
- l. Strikes a ball with a bat off a tee or cone using correct grip and proper body orientation. PE.2.1.3.L
- m. Jumps consecutively forward and backward using a self-turned rope with a mature pattern. PE.2.1.3.M
- n. Jumps a long rope 5 times consecutively with student turners. PE.2.1.3.N

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**Movement Concepts, Strategies, and Tactics** PE.2.2

**1. Demonstrates knowledge of movement concepts in a variety of environments.** PE.2.2.1

- a. Combines locomotor skills in general space to a rhythm. PE.2.2.1.A
- b. Combines shapes (e.g., narrow, wide, twisted, curved, asymmetrical and symmetrical) levels and pathways into simple travel, rhythmic, and tumbling sequences. PE.2.2.1.B
- c. Varies speed and force with gradual increases and decreases. PE.2.2.1.C

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**Health-Related Physical Activity and Fitness** PE.2.3

**1. Demonstrates the knowledge to achieve and maintain a health-enhancing level of physical activity.** PE.2.3.1

- a. Describes different opportunities outside of physical education class (e.g., recess, before and after school, at home, in the community, with friends, with family) to use large-motor and/or manipulative physical activities. PE.2.3.1.A

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**2. Engages in physical activity.** PE.2.3.2

- a. Engages in physical activity in physical education class in response to instruction and practice. PE.2.3.2.A

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**3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.2.3.3

- a. Recognizes the use of own body weight as resistance (e.g., plank, animal walks) for developing strength. PE.2.3.3.A
- b. States the purpose of a warm-up and cool-down led by the teacher. PE.2.3.3.B

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**4. Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.2.3.4

- a. Recognizes the impact of nutrition on physical activity. PE.2.3.4.A

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**Responsible Behavior** PE.2.4

**1. Exhibits personal responsibility in physical activity settings.** PE.2.4.1

- a. Practices skills with minimal teacher prompting. PE.2.4.1.A
- b. Accepts responsibility for class expectations with behavior and performance. PE.2.4.1.B

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**2. Accepts and responds to specific corrective feedback from teacher and peers.** PE.2.4.2

- a. Accepts positive corrective feedback from the teacher. PE.2.4.2.A

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**3. Exhibits responsible social behavior when working with others.** PE.2.4.3

- a. Works with a partner with minimal teacher prompting. PE.2.4.3.A

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**4. Follows rules and demonstrates proper etiquette.** PE.2.4.4

- a. Recognizes the importance of rules and etiquette in teacher-designed physical activities. PE.2.4.4.A

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**5. Participates safely in physical activities.** PE.2.4.5

- a. Works independently and safely with or without equipment. PE.2.4.5.A

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**Physical Activity Benefits** PE.2.5

**1. Recognizes the benefits of physical activity for health.** PE.2.5.1

- a. Recognizes the relationship between physical activity and good health. PE.2.5.1.A

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**2. Recognizes the benefits of physical activity for challenge.** PE.2.5.2

- a. Compares different physical activities that brings challenge and promotes confidence. PE.2.5.2.A

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**3. Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.2.5.3

- a. Identifies physical activities that provide self-expression. PE.2.5.3.A