

# Grade 2

Adopted 2014

The physically literate individual demonstrates proficiency in a variety of motor skills and movement patterns.

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- 2. Skips using a mature pattern.** S1.E1.2
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- 2a. Runs with a mature pattern.** S1.E2.2A
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- 2b. Travels showing differentiation between jogging and sprinting.** S1.E2.2B
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- 2. Demonstrates four of the five critical elements for jumping and landing in a horizontal plane using a variety of one- and two-foot take-offs and landings. Two feet must be used in either take-off or landing.** S1.E3.2
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- 2. Demonstrates four of the five critical elements for jumping and landing in a vertical plane.** S1.E4.2
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- 2. Performs a teacher/student-designed rhythmic activity/dance with correct response to simple rhythms.** S1.E5.2
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- 2a. Balances on different bases of support, combining levels and shapes.** S1.E7.2A
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- 2b. Balances in an inverted position with stillness and supportive base.** S1.E7.2B
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- 2. Transfers weight from feet to different body parts/bases of support for balances and/or travel.** S1.E8.2
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- 2. Rolls in different directions with either a narrow or curled body shape and regains vertical posture.** S1.E9.2
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- 2. Differentiates among twisting, curling, bending and stretching actions.** S1.E10.2
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- 2. Combines balances and transfers into a three-part sequence (e.g., dance, gymnastics).** S1.E11.2
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- 2. Throws underhand using a mature pattern.** S1.E13.2
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- 2. Throws overhand demonstrating two of the five critical elements of a mature pattern.** S1.E14.2
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- 2. Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.** S1.E16.2

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**2a. Dribbles in self-space with dominant hand demonstrating a mature pattern.** S1.E17.2A

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**2b. Dribbles using the dominant hand while walking in general space.** S1.E17.2B

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**2. Dribbles with the feet in general space with control of ball and body.** S1.E18.2

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**2. Uses a continuous running approach and kicks a moving ball, demonstrating three of the five critical elements of a mature pattern.** S1.E21.2

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**2. Volleys an object upward with consecutive hits.** S1.E22.2

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**2. Strikes an object in a variety of directions with a short-handled implement, using consecutive hits.** S1.E24.2

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**2. Strikes an object off a tee or cone with an implement, using correct grip and side-orientation/proper body orientation.** S1.E25.2

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**2a. Executes a single jump with self-turned rope with a mature pattern.** S1.E27.2A

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**2b. Jumps a long rope five times consecutively with student turners.** S1.E27.2B

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The physically literate individual applies knowledge of concepts, principles, strategies and tactics to enhance movement and performance.

**2. Combines locomotor skills in general space to a rhythm/beat.** S2.E1.2

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**2. Combines levels and pathways into simple travel, dance and gymnastics sequences.** S2.E2.2

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**2. Varies time and force with gradual increases and decreases.** S2.E3.2

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**2. Utilizes relationship concepts in small groups.** S2.E4.2

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**2. Utilizes technology or other resources to enhance experiences in fitness** S2.E6.2

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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**2. 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).** S3.E1.2

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**2. Actively engages in physical education class in response to instruction and practice.** S3.E2.2

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**2a. Uses own body as resistance (e.g., holds body in plank position, animal walks) for developing strength.** S3.E3.2A

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**2b. Identifies physical activities that contribute to fitness.** S3.E3.2B

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**2. Recognizes the "good health balance" of good nutrition with physical activity.** S3.E6.2

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The physically literate individual exhibits responsible personal and social behavior that respects self, others and environment.

**2. Practices skills with minimal teacher prompting.** S4.E1.2

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**2a. Participates independently for extended periods of time.** S4.E2.2A

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**2b. Exhibits respect for self with developmentally appropriate behavior while engaging in physical activity.** S4.E2.2B

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**2. Accepts specific corrective feedback from the teacher.** S4.E3.2

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**2a. Works independently with others in a variety of class environments (e.g., small and large groups).** S4.E4.2A

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**2b. Recognizes and understands individual uniqueness and diversity.** S4.E4.2B

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**2a. Recognizes the role of rules and etiquette in teacher-designed physical activities.** S4.E5.2A

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**2b. Exhibits the fundamentals of good sportsmanship.** S4.E5.2B

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**2. Works independently and safely with equipment with teacher reminders.** S4.E6.2

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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, employment opportunities and social interaction.

**2. Recognizes and values the balance between physical activity and nutrition for a healthy lifestyle and for brain health.** S5.E1.2

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**2. Compares physical activities that bring confidence and challenge.** S5.E2.2

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**2. Identifies physical activities that provide self-expression (e.g., dance, gymnastics routines, practice tasks in games environment).** S5.E3.2

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**2. Identifies the positive social interactions that come when engaged with others in physical activity.** S5.E4.2