

# Grade 2

Adopted 2016

## Motor Skills

- 1. Hop (one foot), gallop, slide, skip** MS.1
  2. Skips using a mature pattern. MS.1.2

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- 2. Jog, run** MS.2
  - a. Jogs and runs using a mature pattern. MS.2.2.A

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- 3. Jump & land for distance (horizontal)** MS.3
  2. Jumps and lands with two feet using 3 of 4 critical elements (arms back & knees bent, arms extend forward as body propels forward, hips, knees, & ankles bend on landing). MS.3.2

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- 4. Jump & land for height (vertical)** MS.4
  2. Jumps using 4 of 5 critical elements (hips, knees, & ankles bent, arms extend upward, body extends & stretches upward while in flight, hips, knees, & ankles bend on landing). MS.4.2

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- 5. Dance** MS.5
  2. Performs a simple, creative dance using locomotor, nonlocomotor, and movement concepts. MS.5.2

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- 6. Balance** MS.6
  2. Maintains stillness on various bases of support at different levels. MS.6.2

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- 7. Weight Transfer & Rolling (OPTIONAL)** MS.7
  2. Performs a forward roll or shoulder roll while maintaining a curled body shape. MS.7.2

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- 8. Combinations (optional)** MS.8
  2. Moves out of a balance using an appropriate weight transfer and/or roll. MS.8.2

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- 9. Underhand Throw** MS.9
  2. Throws underhand with a mature pattern. MS.9.2

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- 10. Overhand Throw** MS.10
  2. Throws overhand demonstrating side to target using foot opposition. MS.10.2

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**11. Catching** MS.11

2. Catches underhand (at or below the chest) using a mature pattern (from partner). MS.11.2

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**12. Passing & Receiving with implements** MS.12

2. Developmentally appropriate at grade 3 MS.12.2

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**13. Dribbling with hands** MS.13

- a. Dribbles in self-space using a mature pattern. MS.13.2.A
- b. Dribbles with preferred hand while walking. MS.13.2.B

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**14. Dribbling with feet** MS.14

2. Dribbles with feet while walking, keeping control of the ball. MS.14.2

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**15. Kicking (force or distance)** MS.15

2. Kicks a ball with a running approach using a mature pattern. MS.15.2

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**16. Passing & Receiving with feet** MS.16

2. Passes a ball with inside of foot to stationary partner. MS.16.2

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**17. Striking with hand(s)** MS.17

2. Consecutively strikes an object with an open palm. MS.17.2

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**18. Striking, short implement** MS.18

2. Strikes an object with a short-handled implement sending it forward using an underhand pattern. MS.18.2

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**19. Striking, long implement** MS.19

2. Strikes a ball off a tee with a bat using correct grip and side orientation. MS.19.2

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**20. Jumping Rope** MS.20

- a. Continuously jumps a self-turned rope with a mature pattern. MS.20.2.A
- b. Performs basic jump rope skills. MS.20.2.B

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**Movement Knowledge & Application (MKA)**

**1. Space Awareness (location)** MKA.1

- a. Explains the importance of self-space while moving. MKA.1.2.A
- b. Travels using various locomotor skills in general space. MKA.1.2.B

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**2. Space Awareness (pathways, levels, directions)** MKA.2

- a. Explains the use of different pathways. MKA.2.2.A
- b. Demonstrates and applies all three pathways (straight, curvy, zigzag). MKA.2.2.B

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**3. Effort: speed and force** MKA.3

- a. Explains the use of speeds and forces. MKA.3.2.A
- b. Demonstrates various speeds and forces. MKA.3.2.B

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**4. Relationships (body shapes, with objects, with people)** MKA.4

- a. Explains symmetrical and non-symmetrical body shapes. MKA.4.2.A
- b. Demonstrates symmetrical and non-symmetrical body shapes. MKA.4.2.B
- c. Uses relationships and body shapes in simple dance and/or gymnastics sequences. MKA.4.2.C

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**5. Movement Principles (base of support, muscle tension, ready position)** MKA.5

- a. Explains the need for muscular tension to maintain balance. MKA.5.2.A
- b. Applies the concept of muscular tension while balancing on various bases of support. MKA.5.2.B

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**6. Performance Cues** MKA.6

- 2. Describes performance cues of locomotor and manipulative skills. MKA.6.2

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**7. Simple Strategies** MKA.7

- 2. Applies simple strategies to chase and flee (tag) activities. MKA.7.2

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**Fitness & Physical Activity (FPA)****1. Health-related Fitness** FPA.1

- 2. Identifies and participates in physical activities that increase heart rate. FPA.1.2

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**2. Physical Activity** FPA.2

- 2. Identifies personal physical activity choices. FPA.2.2

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**Personal & Social Responsibility (PSR)****1. Personal Responsibility** PSR.1

- 2. Participates with minimal prompting. PSR.1.2

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**2. Feedback** PSR.2

- 2. Accepts specific teacher feedback PSR.2.2

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**3. Working with others** PSR.3

- 2. Demonstrates awareness of personal behavior with regard to cooperation and sharing. PSR.3.2

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**4. Procedures & Rules** PSR.4

- 2. Identifies the need for procedures and rules to create a positive learning environment. PSR.4.2

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**5. Safety** PSR.5

2. Recognizes potential personal safety issues. PSR.5.2
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**Values Physical Activity  
(VPA)**

**1. Appreciation** VPA.1

2. Recognizes and participates in physical activity for enjoyment, self-expression, and/or social interaction. VPA.1.2
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**2. Challenge** VPA.2

2. Exhibits a willingness to continue practicing challenging experiences. VPA.2.2