

Physical Education: Grade 2

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills The student applies responsible personal and social development skills in a physical activity setting. In Grade 2 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 2 all students will:

Standards:

- PE1a:** demonstrate controlled locomotor skills of hopping, leaping, skipping, and galloping;
- PE1b:** execute basic nonlocomotor skills (e.g., turning, twisting, balancing, rolling, transferring weight, jumping and landing, stretching, curling) and perform nonlocomotor sequences;
- PE1c:** throw, catch, and kick while moving during simple games;
- PE1d:** demonstrate moving to a rhythmic beat by combining locomotor, nonlocomotor, and manipulative movements to perform simple dance/rhythmic sequences;
- PE1e:** demonstrate simple tumbling sequences that include balancing, rolling, transferring weight, and flight;
- PE1f:** identify terminology that describes a wide variety of fundamental motor skills and patterns;
- PE1g:** seek feedback to improve performance;
- PE1h:** learn the importance of practicing motor skills;

- PE1i:** recognize and follow rules (i.e., class, team, activity) and safety procedures;
- PE1j:** use equipment and space safely and properly for movement; and
- PE1k:** select and use appropriate protective equipment to prevent injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 2 all students will:

Standards:

- PE2a:** participate regularly in moderate-to-vigorous physical activities during physical education class and recess;
- PE2b:** engage in regular physical activities that develop aerobic capacity;
- PE2c:** demonstrate how to warm up before and cool down after exercise;
- PE2d:** engage in appropriate exercises that develop muscular strength and endurance of arms, shoulders, abdomen, and legs (e.g., holding a push-up position, partial curl-up);
- PE2e:** demonstrate flexibility in shoulders, legs, and trunk when performing physical activities;
- PE2f:** demonstrate correct breathing techniques for relaxation;
- PE2g:** describe physical activities that provide opportunities for enjoyment and challenge;
- PE2h:** identify simple ways to assess physical fitness and fitness development activities;
- PE2i:** compare and contrast heart rate, breathing, body temperature, feelings of fatigue, and the importance of drinking water during moderate-to-vigorous physical activity.