

Physical Education: Grade 2

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Demonstrates controlled locomotor skills
- Executes basic nonlocomotor skills and performs nonlocomotor sequences
- Throws, catches, and kicks while moving
- Demonstrates moving to a rhythmic beat by combining locomotor, nonlocomotor, and manipulative movements
- Demonstrates simple tumbling sequences
- Seeks feedback to improve performance
- Learns the importance of practicing motor skills
- Uses equipment and space safely and properly
- Selects and uses appropriate protective equipment

Physical Activity & Fitness

- Develops aerobic capacity
- Demonstrates warm-up and cool-down procedures
- Demonstrates flexibility in shoulders, legs, and trunk
- Identifies simple ways to assess physical fitness
- Compares and contrasts heart rate, breathing, and body temperature during moderate-to-vigorous activity