Second Grade Physical Education Curriculum

MOTOR SKILLS

2.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.
- PE.2.MS.1.1: Execute combinations of locomotor skills in different pathways, levels, or directions.
- PE.2.MS.1.2: Execute a variety of manipulative skills while maintaining good balance and follow-through.
- PE.2.MS.1.3: Generate smooth and timely transitions between sequential locomotor skills.
- PE.2.MS.1.4: Apply non-locomotor movements with locomotor patterns and levels in a variety of movement sequences.

MOVEMENT CONCEPTS

2.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.
- PE.2.MC.2.1: Use equipment to illustrate multiple movement concepts.
- PE.2.MC.2.2: Compare three or more of the essential elements of correct form for the five fundamental manipulative skills.
- PE.2.MC.2.3: Explain the value of feedback in improving motor performance.
- PE.2.MC.2.4: Illustrate activities that are associated with three or more of the five components of health-related fitness.

HEALTH-RELATED FITNESS

2.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.
- PE.2.HF.3.1: Recognize three or more of the five health-related fitness assessments and the associated exercises.
- PE.2.HF.3.2: Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
- PE.2.HF.3.3: Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.

PERSONAL/SOCIAL RESPONSIBILITY

2.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
- PE.2.PR.4.1: Explain the value of working cooperatively in group settings.
- PE.2.PR.4.2: Summarize the benefits of positive social interaction to make activities more enjoyable.
- PE.2.PR.4.3: Use safe practices when engaging in physical education activities with little or no prompting.