## Second Grade Physical Education Curriculum

<table>
<thead>
<tr>
<th>Standard 1: Demonstrates competency in motor skills and movement patterns to perform a variety of physical activities.</th>
<th>Standard 2: The student demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to learning and the performance of physical activities.</th>
<th>Standard 3: The student participates regularly in physical activity.</th>
<th>Standard 4: The student achieves and maintains a health-enhancing level of physical fitness.</th>
<th>Standard 5: The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.</th>
<th>Standard 6: The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</th>
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</thead>
<tbody>
<tr>
<td><strong>Topic:</strong> Motor Skills</td>
<td><strong>Topic:</strong> Movement Concept</td>
<td><strong>Topic:</strong> Participation</td>
<td><strong>Topic:</strong> Physical Fitness</td>
<td><strong>Topic:</strong> Personal Behavior</td>
<td><strong>Topic:</strong> Values Activity</td>
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</tbody>
</table>

- Demonstrates the ability to move using a variety of locomotor skills at a mature pattern.
- Demonstrates clear contrasts between slow and fast movements traveling in different directions (e.g. sideways, backwards) and different levels safely in personal and general space.
- Demonstrates control in traveling, weight bearing, weight shifting and balancing activities.
- Demonstrates the manipulative skill of throwing, catching, dribbling with hand and foot, kicking, and striking.
- Combines locomotor patterns in time to music and in simple combinations.
- Identifies various body parts and major muscle groups in performing physical activities.
- Identifies locomotor skills and spatial levels during activities.
- Identifies and applies instructional cues to enhance performance.
- Identifies levels of exertion and can relate effects to their body.
- Demonstrates tactics and strategies during physical activity.
- Participates regularly in non-structured and structured physical activities at a moderate to vigorous level both in and out of physical education class.
- Participates regularly in games and activities that use manipulatives both in and out of physical education class at a moderate to vigorous level.
- Demonstrates sufficient muscular strength to bear body weight for climbing, hanging, and momentary body support of the hands.
- Participates in a variety of games that increase breathing and heart rate.
- Engages in sustained activity for increasingly longer periods of time while participating in various activities in physical education.
- Recognizes the health fitness components (muscular strength/endurance, cardiovascular endurance, and flexibility) including physiological signs that accompany moderate physical activity.
- Follows instructions and class procedures while participating in physical education class.
- Works in diverse group settings without interfering with others.
- Uses equipment safely and appropriately.
- Demonstrates cooperation and consideration of others in group activities.
- Demonstrates socially acceptable conflict resolution during class activity.
- Exhibits both verbal and nonverbal indicators of enjoyment.
- Demonstrates enjoyment for physical activity through behavior, actions. And verbal comments.
- Continues to participate when not successful on the first try.
- Willingly tries new movements and skills.