

## Minnesota 2018 K-12 Physical Education Standards

2nd Grade		
Standard	Code	Benchmark
Locomotor	2.1.1.1	Skip and run using a maturing pattern.
Locomotor	2.1.1.2	Jump and land in the horizontal plane demonstrating four of the five critical elements, while taking off and landing with two feet.
Locomotor	2.1.1.3	Jump and land in the vertical plane demonstrating four of the five critical elements while taking off and landing on two feet.
Locomotor	2.1.1.4	Combine locomotor and non-locomotor skills in educational dance with correct response to simple rhythms.
Non-Locomotor	2.1.2.1	Maintain balance on different bases of support, combining levels and shapes.
Non-Locomotor	2.1.2.2	Transfer weight from feet to different body parts or bases of support for balance or travel.
Non-Locomotor	2.1.2.3	Roll in different directions with either a narrow or curled body shape.
Non-Locomotor	2.1.2.4	Perform non locomotor skills with the body in a variety of stationary positions, while maintaining balance.
Non-Locomotor	2.1.2.5	Combine balances, non-locomotor skills and locomotor skills to perform a three part educational dance and an educational gymnastics sequence.
Manipulative	2.1.3.1	Roll and throw underhand using a maturing pattern.
Manipulative	2.1.3.2	Throw overhand with side facing target and opposite foot forward.

Manipulative	2.1.3.4	Catch a self-tossed hand-sized ball demonstrating two of the four critical elements of a maturing pattern.
Manipulative	2.1.3.5	Dribble with preferred hand while remaining in personal space (self-space), demonstrating a maturing pattern.
Manipulative	2.1.3.6	Dribble with the feet while traveling through general space.
Manipulative	2.1.3.7	Receive a partner pass with the feet, while maintaining control of the object and the body.
Manipulative	2.1.3.9	Kick a stationary ball demonstrating three of the five critical elements of a maturing pattern.
Manipulative	2.1.3.11	Volley with a partner using hands only while maintaining balance.
Manipulative	2.1.3.13	Strike using a short-handled implement, while controlling direction.
Manipulative	2.1.3.14	Strike using a long handled implement while controlling direction.
Manipulative	2.1.3.16	Consecutively jump forward and backward, demonstrating a maturing pattern, using a self-turned rope.
Manipulative	2.1.3.17	Enter a long rope with teacher assisted turning.
Movement	2.2.1.1	Travel in different directions differentiating between movement in personal space (self-space) and general space.
Movement	2.2.1.2	Travel in different relationships to others and objects. For example: over, under, through, around, behind.

Movement	2.2.1.3	Travel using varying speeds and forces with gradual increases and decreases in both speed and force.
Personal Health	2.3.1.1	Identify physical activity recommendations and recognize indoor and outdoor physical activities that could be used to meet these recommendations outside of physical education class.
Personal Health	2.3.2.1	Actively participates in physical activities without teacher prompting.
Personal Health	2.3.3.1	Describe what it feels like to work one's heart.
Personal Health	2.3.3.2	Describe what it feels like to work one's muscles.
Personal Health	2.3.5.1	Recognize the relationship between nutrition and physical activity.
Social Behavior	2.4.1.1	Follow class rules and protocols related to self, space and equipment.
Social Behavior	2.4.2.1	Accept corrective feedback from the teacher.
Social Behavior	2.4.3.1	Work respectfully in small or large group activities while sharing equipment and space.
Social Behavior	2.4.5.1	Move safely using equipment in personal space with minimal reminders.
Healthy Physical Lifestyle	2.5.1.1	Identify the overall benefits of participation in physical activity.

Healthy Physical Lifestyle	2.5.2.1	List physical activities that bring confidence and challenge.
Healthy Physical Lifestyle	2.5.3.1	Describe positive feelings associated with participation in physical activities that are done alone and with others.